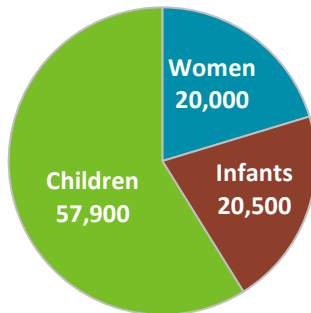


## Minnesota WIC Facts 2022

### MN WIC Participants

- During FFY 2021, an average of 98,400 low-income women, infants, and children up to age five participated each month in the MN WIC program.<sup>1</sup>

**FFY 2021 Average Monthly Participation in MN WIC<sup>1</sup>**



- In 2021, MN WIC served an estimated 36.6% of all infants born in Minnesota.<sup>1</sup>
- Minnesota ranks within the top four states nationwide for WIC coverage rate of eligible participants.<sup>2</sup>

### Nutrition Services & Breastfeeding Support

- Participants receive an individualized nutrition assessment along with education and referrals to community resources.
- WIC promotes and [supports breastfeeding](#), including [exclusive breastfeeding](#), for infants.
- WIC supports healthy diets and infant feeding practices. These practices can help prevent obesity and anemia among other benefits.
- Many local WIC programs provide [peer breastfeeding support](#) to parents and infants.

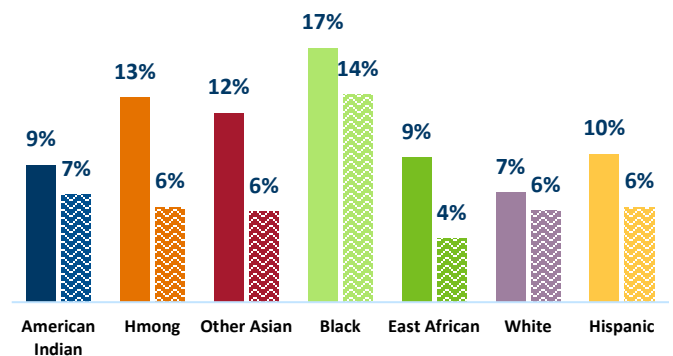
### Healthy Foods

- WIC provides healthy foods including fruits, vegetables, whole grains, and low-fat dairy. Women and children participating in WIC have healthier diets.<sup>3</sup>
- In 2021, MN WIC issued approximately \$20 million worth of benefits specifically for fruits and vegetables.<sup>1</sup> Monthly fruit and vegetable benefit levels increased to \$24 for children and \$43/\$47 monthly for women.
- During FFY 2021, MN WIC participants purchased \$71 million in WIC foods at local grocery stores (see map on page 2 back).

### Early MN WIC Participation Improves Birth Weight

In 2021, fewer Medicaid-funded low birth weight infants were born to mothers with three or more months prenatal participation in MN WIC than mothers not participating in WIC.<sup>1</sup> The cost of a low-birth-weight infant hospital stay averages \$27,200 more than a normal weight infant.<sup>4</sup>

**Low Birth Weight in Medicaid-Funded Births by MN WIC Participation and Race/Ethnicity  
CY 2021**



Solid: No WIC Prenatal Participation  
Patterned: Prenatal participation in WIC for 3 or more months

### MN WIC Services are Easier to Access

MN WIC is modernizing services to reduce inequities and make it easier for families to access benefits. Updates include:

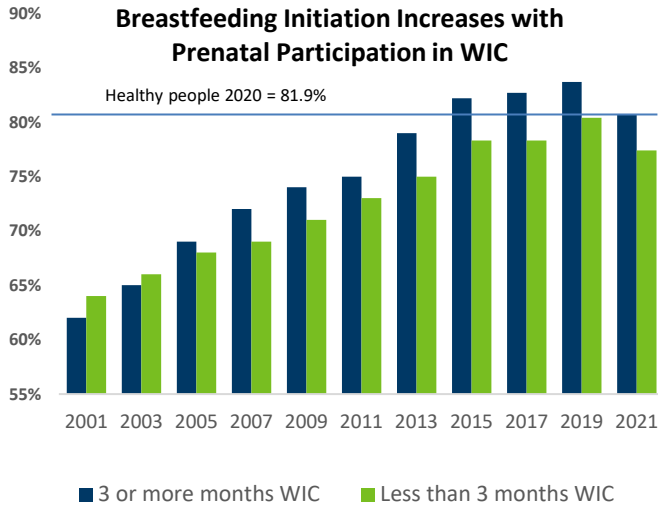
- [WIC online application](#) (2021)
- [My MN WIC Mobile App](#) (2016)
- WIC EBT card (2019)
- Self-checkout with WIC is available at Walmart and Hy-Vee (2020, 2021).
- Online [MN WIC Referral Form](#) for health care providers (2022)
- Midwest States WIC Online Ordering Pilot (project started 2022)
- Options for phone and video WIC visits are available.
- Wichealth.org provides online nutrition education in lieu of face to face visit.

The online WIC EBT card can be loaded with WIC benefits remotely. This flexibility was vital to accessing benefits during the COVID-19 pandemic.

# Minnesota WIC Facts 2022

## Increasing Breastfeeding Rates

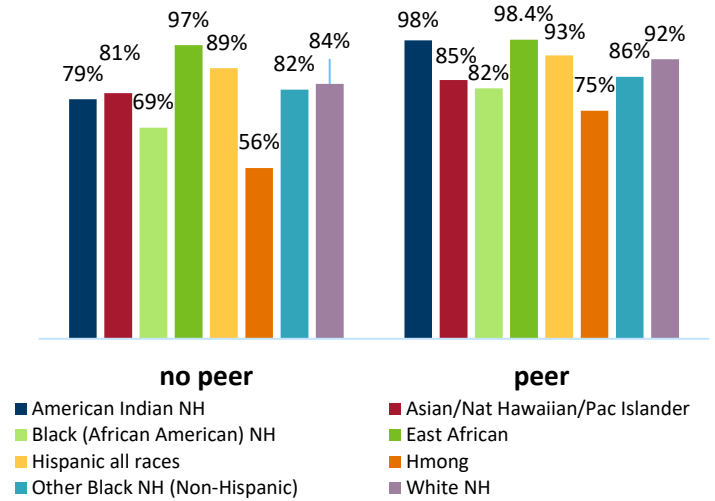
People participating in MN WIC earlier in their pregnancy were more likely to breastfeed. Fewer postpartum people-initiated breastfeeding in 2021. Meeting breastfeeding recommendations could save \$13 billion in national annual medical costs and prevent more than 900 deaths.<sup>5</sup>



## Peer Breastfeeding Program Advances Health Equity

Women of all races/ethnicities with a MN WIC peer counselor had significantly higher breastfeeding initiation rates. This program received increased funding in 2022.

MN WIC Peer Program Breastfeeding Initiation by Race/Ethnicity, CY 2019

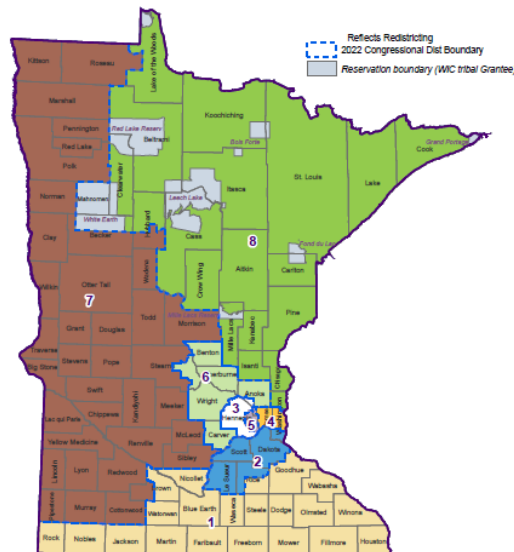


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## MN WIC Food Dollars Spent in Local Grocery Stores by Congressional District FFY 2021

2022 Congressional Districts		
	# Monthly Average WIC Participants (FFY2021)	Annual WIC Dollars Spent in Local Grocery Stores
District 1 - Hagedorn	13,000	\$ 9,200,000
District 2 - Craig	8,000	\$ 5,500,000
District 3 - Phillips	9,500	\$ 7,800,000
District 4 - McCollum	17,400	\$ 12,700,000
District 5 - Omar	8,600	\$ 6,800,000
District 6 - Emmer	14,000	\$ 10,100,000
District 7 - Fischbach	14,500	\$ 10,300,000
District 8 - Stauber	13,500	\$ 8,600,000
<b>TOTAL</b>	<b>98,500</b>	<b>\$ 71,000,000</b>



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