DATE: February 13, 2019
TO: WIC Coordinators
FROM: State WIC Staff
SUBJECT: Child Anemia in Minnesota WIC Fact Sheet

A new WIC fact sheet, Child Anemia in Minnesota WIC, 2019 has been posted to MN WIC website.

WIC has a valuable role in reducing childhood anemia through assessment, education and prescribing healthy foods. Please review this fact sheet with your WIC staff to assure they are familiar with the content.

Share the factsheet with community partners:
- Agency’s administration and other county programs,
- Colleagues so they share anemia data for your county/agency with other community groups; and,
- Local Health Care Providers

Review important data points from the fact sheet, including:
- Anemia in WIC children has been increasing since 2010 reaching 14.4% in 2018. Children ages 12 to 17 months experience the highest rates of anemia.
- Anemia rates have increased across all race/ethnic groups. There are significant health inequities in anemia with Black/African-American children having nearly twice the rate of anemia as white children. Anemia by Black Cultural Identity and Asian Cultural Identity is included on the fact sheet.
  - Results of the National Health and Nutrition Examination Survey (NHANES) show an increase in anemia among all children in the US. (Figure 1)
  - While data in this fact sheet shows increasing rates of anemia in the WIC population, this is a national trend and much of the information in the fact sheet can be generalized to the pediatric population.

Point out key WIC activities for addressing anemia:
- WIC screens for anemia and refers low hemoglobin results to health care providers for further evaluation.
- WIC provides iron rich foods and nutrition education.

If you have questions or comments about this fact sheet, please contact your State WIC Consultant. A fact sheet about Anemia in Women participating in Minnesota WIC will be available in the future.