

# HOW WIC HELPS IDAHO



## State WIC Director

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## MISSION OF WIC

Assuring healthy pregnancies, birth outcomes, growth and development for mothers, babies, and young children to age 5 who are at nutritional risk. Providing nutritious supplemental foods, breastfeeding promotion and support, education on healthy eating, and referrals to healthcare and critical social services.

### COVID-19 Response

Idaho WIC received at least 8 waivers, including physical presence and extended certification periods for children.



# 39%

of infants born in Idaho participated in WIC in 2017



# 42%

of eligible individuals in Idaho participated in WIC in 2017

## WHO PARTICIPATES IN WIC?

# 37,264

## WIC PARTICIPANTS

Pregnant women	<b>3,131</b>
Breastfeeding women	<b>3,388</b>
Postpartum women	<b>1,893</b>
Infants	<b>8,680</b>
Children	<b>20,172</b>

Idaho WIC participation in 2018

## BREASTFEEDING IN WIC

Idaho WIC breastfeeding initiation rates increased by **4 percentage points** between 2010 and 2018.



Among WIC infants who initiated breastfeeding in Idaho in 2018, **43 percent** continued breastfeeding at 6 months.

## CHILDHOOD OBESITY IN WIC IN IDAHO

The obesity rate among WIC toddlers in Idaho decreased by **1 percentage point** between 2010 and 2016.

Obesity rate among WIC toddlers, 2016 **11%**

## MORTALITY AND BIRTH OUTCOMES IN IDAHO

Maternal mortality per 100,000 births, 2010–2015 **21.2**

Infant mortality per 1,000 live births, 2017 **5.2**

Preterm birth rates, 2017 **9%**

## IDAHO WIC PARTICIPANT CHARACTERISTICS

**\$22,406**  
average family income in 2018

**75%**  
received Medicaid in 2018

**\$32.74**  
average monthly food cost in FY 2019

## HOW WIC SUPPORTED THE IDAHO ECONOMY IN FY 2019

**\$12.2M**  
to spend at food retailers

**\$6.4M**  
formula rebates received

**\$8.8M**  
nutrition, breastfeeding services & admin

Sources: CDC Morbidity and Mortality Weekly Report 2019;68:1057-1061 ([cdc.gov/mmwr/](http://cdc.gov/mmwr/)) for childhood obesity in WIC. CDC WONDER ([wonder.cdc.gov](http://wonder.cdc.gov)) for mortality and birth outcomes. National WIC Association ([nwica.org](http://nwica.org)) for total infants participating in state. USDA 2017 WIC Eligibility Estimates report ([fns.usda.gov/wic/national-and-state-level-estimates-wic-eligibility-and-wic-program-reach-2017](http://fns.usda.gov/wic/national-and-state-level-estimates-wic-eligibility-and-wic-program-reach-2017)) for percent of eligible individuals participating. USDA FNS WIC Program Data FY 2019 ([fns.usda.gov/pd/wic-program](http://fns.usda.gov/pd/wic-program)) as of January 19, 2021. USDA WIC Participant and Program Characteristics reports for years displayed.

