

# HOW WIC HELPS MARYLAND



## 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

Maryland WIC received at least 12 waivers, including physical presence and extended certification periods for children.



# 51%

of infants born in Maryland participated in WIC in 2017



# 64%

of eligible individuals in Maryland participated in WIC in 2017

## WHO PARTICIPATES IN WIC?

# 144,160

## WIC PARTICIPANTS

Pregnant women	11,484
Breastfeeding women	15,155
Postpartum women	6,590
Infants	36,712
Children	74,219

Maryland WIC participation in 2018

## BREASTFEEDING IN WIC

Maryland WIC breastfeeding initiation rates increased by **12 percentage points** between 2010 and 2018.



Among WIC infants who initiated breastfeeding in Maryland in 2018, **32 percent** continued breastfeeding at 6 months.

## CHILDHOOD OBESITY IN WIC IN MARYLAND

The obesity rate among WIC toddlers in Maryland decreased by **2 percentage points** between 2010 and 2016.

Obesity rate among WIC toddlers, 2016 **16%**

## MORTALITY AND BIRTH OUTCOMES IN MARYLAND

Maternal mortality per 100,000 births, 2010–2015 **23.5**

Infant mortality per 1,000 live births, 2017 **6.5**

Preterm birth rates, 2017 **11%**

## MARYLAND WIC PARTICIPANT CHARACTERISTICS

**\$20,090**  
average family income in 2018

**80%**  
received Medicaid in 2018

**\$37.27**  
average monthly food cost in FY 2019

## HOW WIC SUPPORTED THE MARYLAND ECONOMY IN FY 2019

**\$54.8M**  
to spend at food retailers

**\$31.0M**  
formula rebates received

**\$36.1M**  
nutrition, breastfeeding services & admin

Sources: CDC Morbidity and Mortality Weekly Report 2019;68:1057-1061 (cdc.gov/mmwr/) for childhood obesity in WIC. CDC WONDER (wonder.cdc.gov) for mortality and birth outcomes. National WIC Association (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) for percent of eligible individuals participating. USDA FNS WIC Program Data FY 2019 (fns.usda.gov/pd/wic-program) as of January 19, 2021. USDA WIC Participant and Program Characteristics reports for years displayed.

