**HOW WIC HELPS THE NAVAJO NATION**

**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**
Navajo Nation WIC received at least 13 waivers, including physical presence and extended certification periods for children.

**WHO PARTICIPATES IN WIC?**

<table>
<thead>
<tr>
<th>Category</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnant women</td>
<td>823</td>
</tr>
<tr>
<td>Breastfeeding women</td>
<td>648</td>
</tr>
<tr>
<td>Postpartum women</td>
<td>332</td>
</tr>
<tr>
<td>Infants</td>
<td>1,428</td>
</tr>
<tr>
<td>Children</td>
<td>5,609</td>
</tr>
</tbody>
</table>

**BREASTFEEDING IN WIC**

- **78%** of WIC infants in Navajo Nation initiated breastfeeding in April 2018.
- Among WIC infants who initiated breastfeeding in Navajo Nation in 2018, **34 percent** continued breastfeeding at 6 months.

**NAVAJO NATION WIC PARTICIPANT CHARACTERISTICS**

- **$19,161** average family income in 2018.
- **77%** received Medicaid in 2018.
- **$40.85** average monthly food cost in FY 2019.
- **$3.4M** to spend at food retailers.
- **$1.3M** formula rebates received.
- **$3.2M** nutrition, breastfeeding services & admin.

**HOW WIC SUPPORTED THE NAVAJO NATION ECONOMY IN FY 2019**