

HOW WIC HELPS

NORTH DAKOTA



State WIC Director

Amanda Varriano
600 E Boulevard Avenue, Dept 301
Bismarck, ND 58505

800.472.2286
alvarriano@nd.gov

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.



25%

OF INFANTS BORN
IN NORTH DAKOTA
PARTICIPATE IN WIC



54%

OF ELIGIBLE INDIVIDUALS
IN NORTH DAKOTA
PARTICIPATE IN WIC

WHO PARTICIPATES IN WIC IN NORTH DAKOTA?

9,991

WIC PARTICIPANTS

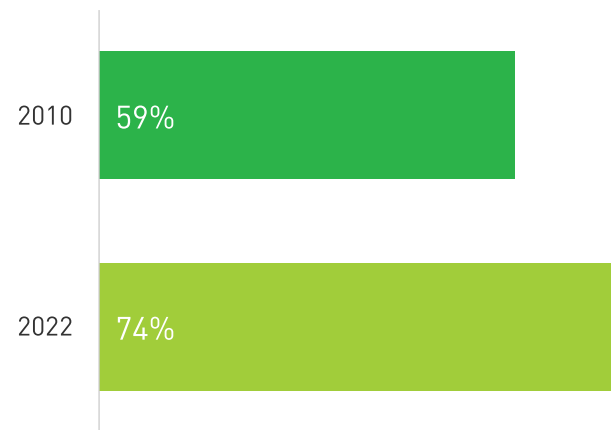
Pregnant women.....	680
Breastfeeding women...	737
Postpartum women.....	595
Infants.....	2,231
Children.....	5,748

MORTALITY AND BIRTH OUTCOMES

Maternal mortality per 100,000 births, 2018-2022...	21.6
Infant mortality per 1,000 live births, 2022.....	4.4
Preterm birth rate, 2022.....	10%

BREASTFEEDING IN WIC

North Dakota WIC breastfeeding initiation rates increased by **24 percent** between 2010 and 2022.



Among WIC infants who initiated breastfeeding in North Dakota in 2022, **38 percent** continued breastfeeding at 6 months.

NORTH DAKOTA WIC PARTICIPANT CHARACTERISTICS

\$27,873

AVERAGE FAMILY INCOME

\$53.58

AVERAGE MONTHLY FOOD COST IN 2024

55%

RECEIVED MEDICAID

HOW WIC SUPPORTED THE NORTH DAKOTA ECONOMY IN FY 2024

\$6.4M

TO SPEND AT FOOD RETAILERS

\$2.7M

FORMULA REBATES RECEIVED

\$4.7M

NUTRITION, BREASTFEEDING SERVICES & ADMIN

Sources: WIC eligible individuals participating from USDA WIC Eligibility Estimates report for 2022 (<https://www.fns.usda.gov/research/wic/ee-2022>). WIC participants and economic impact from USDA WIC Data Tables for fiscal year (FY) 2024 (<https://www.fns.usda.gov/pd/wic-program>) as of January 21, 2025. Participant characteristics for 2022 and WIC breastfeeding and rates for years displayed from USDA WIC Participant and Program Characteristics reports (<https://www.fns.usda.gov/research/wic/participant-program-characteristics-2022>). Maternal mortality from America's Health Rankings (https://www.americashealthrankings.org/explore/measures/maternal_mortality_c). Infant mortality and preterm birth rate from CDC (https://www.cdc.gov/nchs/pressroom/stats_of_the_states.htm).