

# HOW WIC HELPS VERMONT



## 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.



**40%** OF INFANTS BORN IN VERMONT PARTICIPATE IN WIC



**73%** OF ELIGIBLE INDIVIDUALS IN VERMONT PARTICIPATE IN WIC

## WHO PARTICIPATES IN WIC IN VERMONT?

**10,315**

WIC PARTICIPANTS

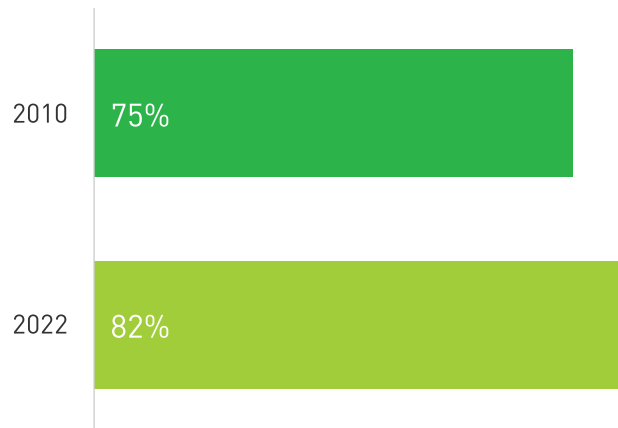
Pregnant women.....	729
Breastfeeding women...	1,012
Postpartum women.....	379
Infants.....	1,832
Children.....	6,363

## MORTALITY AND BIRTH OUTCOMES

Infant mortality per 1,000 live births, 2022.....	4.9
Preterm birth rate, 2022.....	9%

## BREASTFEEDING IN WIC

Vermont WIC breastfeeding initiation rates increased by **10 percent** between 2010 and 2022.



Among WIC infants who initiated breastfeeding in Vermont in 2022, **51 percent** continued breastfeeding at 6 months.

## VERMONT WIC PARTICIPANT CHARACTERISTICS

<b>\$26,836</b>	<b>\$53.73</b>	<b>85%</b>
AVERAGE FAMILY INCOME	AVERAGE MONTHLY FOOD COST IN 2024	RECEIVED MEDICAID

## HOW WIC SUPPORTED THE VERMONT ECONOMY IN FY 2024

<b>\$6.7M</b>	<b>\$1.5M</b>	<b>\$5.9M</b>
TO SPEND AT FOOD RETAILERS	FORMULA REBATES RECEIVED	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](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](https://www.cdc.gov/nchs/pressroom/stats_of_the_states.htm)).