

# HOW WIC HELPS

# WASHINGTON



## State WIC Director

Brittany Tybo  
310 Israel Road SE  
Tumwater, WA 98501

360.763.6842  
brittany.tybo@doh.wa.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.



## 34%

OF INFANTS BORN  
IN WASHINGTON  
PARTICIPATE IN WIC



## 53%

OF ELIGIBLE INDIVIDUALS  
IN WASHINGTON  
PARTICIPATE IN WIC

## WHO PARTICIPATES IN WIC IN WASHINGTON?

# 134,631

### WIC PARTICIPANTS

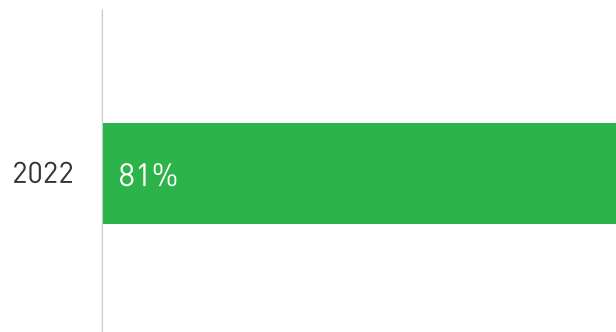
Pregnant women.....	11,663
Breastfeeding women...	9,966
Postpartum women.....	7,519
Infants.....	25,592
Children.....	79,891

## MORTALITY AND BIRTH OUTCOMES

Maternal mortality per 100,000 births, 2018-2022...	18.0
Infant mortality per 1,000 live births, 2022.....	4.3
Preterm birth rate, 2022.....	9%

## BREASTFEEDING IN WIC

In 2022, **81 percent** of 6- to 13-month-old infants and children in Washington initiated breastfeeding.



Among WIC infants who initiated breastfeeding in Washington in 2022, **29 percent** continued breastfeeding at 6 months.



**Online Shopping:** Washington WIC and Massachusetts WIC and WIC EBT (eWIC) processor FIS/CDP are partnering with Walmart to bring online shopping to WIC participants in both States. Ultimately, this will help nearly 40,000 WIC families in Washington who shop at Walmart access their WIC benefits safely and efficiently beginning early this year.

## WASHINGTON WIC PARTICIPANT CHARACTERISTICS

<b>\$28,075</b>	<b>\$54.00</b>	<b>62%</b>
AVERAGE FAMILY INCOME	AVERAGE MONTHLY FOOD COST IN 2024	RECEIVED MEDICAID

## HOW WIC SUPPORTED THE WASHINGTON ECONOMY IN FY 2024

<b>\$87.2M</b>	<b>\$23.1M</b>	<b>\$56.6M</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)). Online shopping from Center for Nutrition and Health Impact (<https://www.wicshopplus.org/projects>).