

HOW WIC HELPS

THE NAVAJO NATION



State WIC Director

Veronica Clark
PO Box 1390
Window Rock, AZ 86515

928.871.6698
veronicaclark@navajo-nsn.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.



45%

OF INFANTS BORN IN THE UNITED STATES PARTICIPATE IN WIC



54%

OF ELIGIBLE INDIVIDUALS IN THE UNITED STATES PARTICIPATE IN WIC

WHO PARTICIPATES IN WIC IN THE NAVAJO NATION?

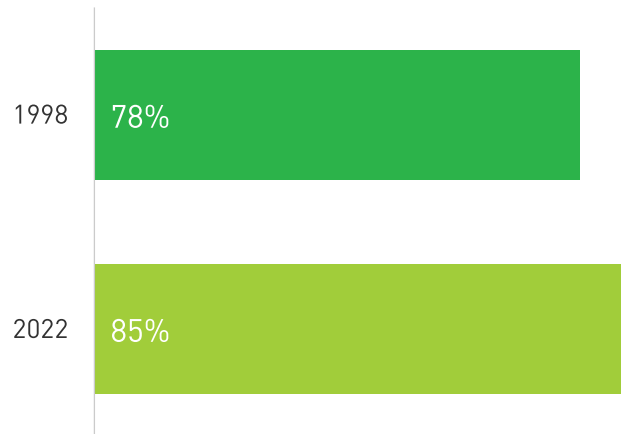
4,412

WIC PARTICIPANTS

Pregnant women.....	353
Breastfeeding women.....	392
Postpartum women.....	173
Infants.....	894
Children.....	2,601

BREASTFEEDING IN WIC

The Navajo Nation WIC breastfeeding initiation rates increased by **9 percent** between 1998 and 2022.



Among WIC infants who initiated breastfeeding in the Navajo Nation in 2022, **34 percent** continued breastfeeding at 6 months.

THE NAVAJO NATION WIC PARTICIPANT CHARACTERISTICS

\$17,217

AVERAGE FAMILY INCOME

\$61.91

AVERAGE MONTHLY FOOD COST IN 2024

78%

RECEIVED MEDICAID

HOW WIC SUPPORTED THE NAVAJO NATION ECONOMY IN FY 2024

\$3.3M

TO SPEND AT FOOD RETAILERS

\$780,125

FORMULA REBATES RECEIVED

\$3.0M

NUTRITION, BREASTFEEDING SERVICES & ADMIN

Sources: WIC eligible individuals participating from USDA WIC Eligibility Estimates report for 2022 (<https://www.fns.usda.gov/research/wic/eer-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).