

# HOW WIC HELPS

## THE INTER TRIBAL COUNCIL OF ARIZONA



State WIC Director

Mindy Jossefides  
2214 N Central Avenue  
Phoenix, AZ 85004

602.258.4822  
mindy.jossefides@itcaonline.com

### 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.



41%

OF INFANTS BORN IN THE UNITED STATES PARTICIPATE IN WIC



56%

OF ELIGIBLE INDIVIDUALS IN THE UNITED STATES PARTICIPATE IN WIC

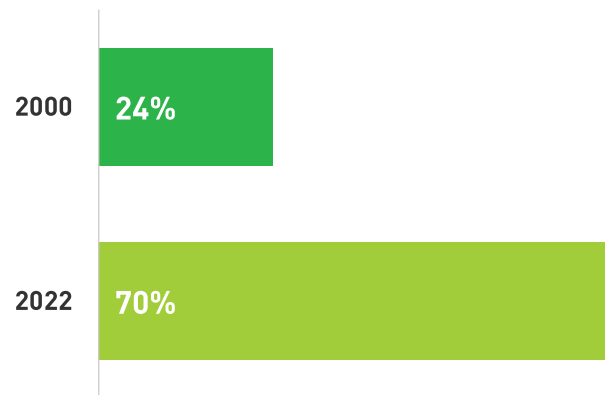
### WHO PARTICIPATES IN WIC IN THE INTER TRIBAL COUNCIL OF ARIZONA?

6,431 WIC PARTICIPANTS

Pregnant women.....	405
Breastfeeding women.....	388
Postpartum women.....	337
Infants.....	1,269
Children.....	4,032

### BREASTFEEDING IN WIC

The Inter Tribal Council of Arizona WIC breastfeeding initiation rates increased by **193 percent** between 2000 and 2022.



Among WIC infants who initiated breastfeeding in the Inter Tribal Council of Arizona in 2022, **19 percent** continued breastfeeding at 6 months.

### THE INTER TRIBAL COUNCIL OF ARIZONA WIC PARTICIPANT CHARACTERISTICS

\$23,483

AVERAGE FAMILY INCOME

\$59

AVERAGE MONTHLY FOOD COST IN FY 2025

87%

RECEIVED MEDICAID

### HOW WIC SUPPORTED THE INTER TRIBAL COUNCIL OF ARIZONA ECONOMY IN FY 2025

\$6.1M

WIC FOOD AND FORMULA BENEFITS

\$3.7M

NUTRITION, BREASTFEEDING SERVICES, AND PROGRAM OPERATIONS

Sources: WIC eligible individuals participating from USDA WIC Eligibility Estimates report for 2023 (<https://www.fns.usda.gov/research/wic/eer-2023>). WIC participants and economic impact from USDA WIC Data Tables for fiscal year (FY) 2025 (<https://www.fns.usda.gov/pd/wic-program>) as of January 20, 2026. 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>).