

# HOW WIC HELPS MARYLAND



## 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.



**42%**

OF INFANTS BORN  
IN MARYLAND  
PARTICIPATE IN WIC



**61%**

OF ELIGIBLE INDIVIDUALS  
IN MARYLAND  
PARTICIPATE IN WIC

## WHO PARTICIPATES IN WIC IN MARYLAND?

**122,575** WIC PARTICIPANTS

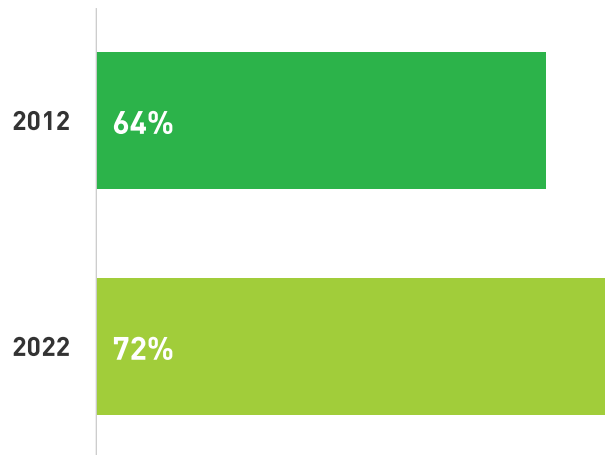
Pregnant women.....	10,946
Breastfeeding women.....	12,438
Postpartum women.....	5,034
Infants.....	27,341
Children.....	66,816

## MORTALITY AND BIRTH OUTCOMES

Maternal mortality per 100,000 births, 2019-2023....	21.4
Infant mortality per 1,000 live births, 2023.....	5.6
Preterm birth rate, 2023.....	10%

## BREASTFEEDING IN WIC

Maryland WIC breastfeeding initiation rates increased by **14 percent** between 2012 and 2022.



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

## MARYLAND WIC PARTICIPANT CHARACTERISTICS

**\$22,460**

AVERAGE FAMILY INCOME

**\$66**

AVERAGE MONTHLY FOOD COST IN FY 2025

**80%**

RECEIVED MEDICAID

## HOW WIC SUPPORTED THE MARYLAND ECONOMY IN FY 2025

**\$123.4M**

WIC FOOD AND FORMULA BENEFITS

**\$42.2M**

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/ee-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>). 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)).