

HOW WIC HELPS MINNESOTA



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.



34% OF INFANTS BORN IN MINNESOTA PARTICIPATE IN WIC



66% OF ELIGIBLE INDIVIDUALS IN MINNESOTA PARTICIPATE IN WIC

WHO PARTICIPATES IN WIC IN MINNESOTA?

102,426 WIC PARTICIPANTS

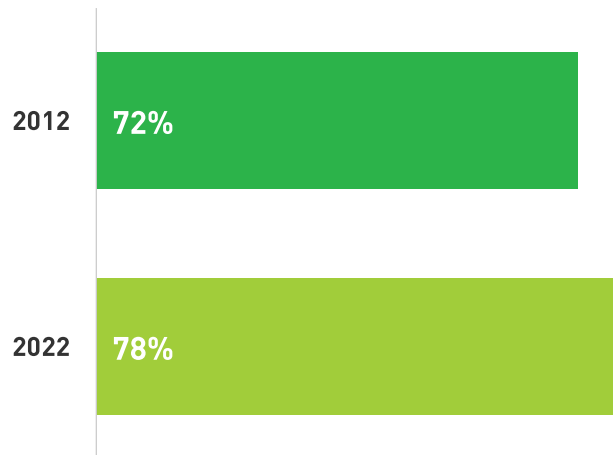
Pregnant women.....	8,212
Breastfeeding women.....	10,091
Postpartum women.....	4,271
Infants.....	21,014
Children.....	58,838

MORTALITY AND BIRTH OUTCOMES

Maternal mortality per 100,000 births, 2019-2023....	14.1
Infant mortality per 1,000 live births, 2023.....	4.7
Preterm birth rate, 2023.....	9%

BREASTFEEDING IN WIC

Minnesota WIC breastfeeding initiation rates increased by **7 percent** between 2012 and 2022.



Among WIC infants who initiated breastfeeding in Minnesota in 2022, **35 percent** continued breastfeeding at 6 months.

MINNESOTA WIC PARTICIPANT CHARACTERISTICS

\$35,182	\$59	93%
AVERAGE FAMILY INCOME	AVERAGE MONTHLY FOOD COST IN FY 2025	RECEIVED MEDICAID

HOW WIC SUPPORTED THE MINNESOTA ECONOMY IN FY 2025

\$99.0M	\$37.0M
WIC FOOD AND FORMULA BENEFITS	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). Infant mortality and preterm birth rate from CDC (https://www.cdc.gov/nchs/pressroom/stats_of_the_states.htm).