

HOW WIC HELPS

THE NAVAJO NATION



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.



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 NAVAJO NATION?

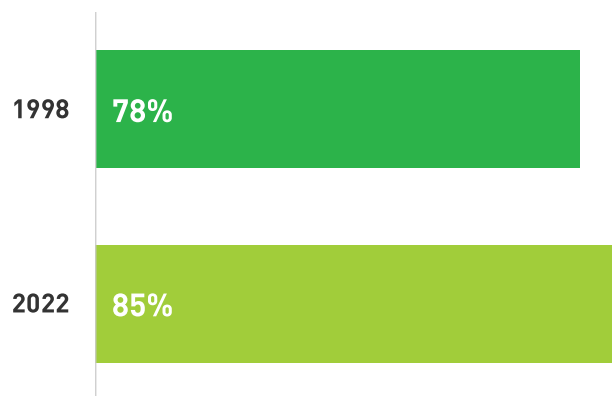
4,190

 WIC PARTICIPANTS

Pregnant women.....	349
Breastfeeding women.....	368
Postpartum women.....	149
Infants.....	819
Children.....	2,505

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

\$70

AVERAGE MONTHLY FOOD COST IN FY 2025

78%

RECEIVED MEDICAID

HOW WIC SUPPORTED THE NAVAJO NATION ECONOMY IN FY 2025

\$4.1M

WIC FOOD AND FORMULA BENEFITS

\$3.2M

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/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>).