

HOW WIC HELPS

NORTH CAROLINA



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.



47%

OF INFANTS BORN
IN NORTH CAROLINA
PARTICIPATE IN WIC



62%

OF ELIGIBLE INDIVIDUALS
IN NORTH CAROLINA
PARTICIPATE IN WIC

WHO PARTICIPATES IN WIC IN NORTH CAROLINA?

258,957

 WIC PARTICIPANTS

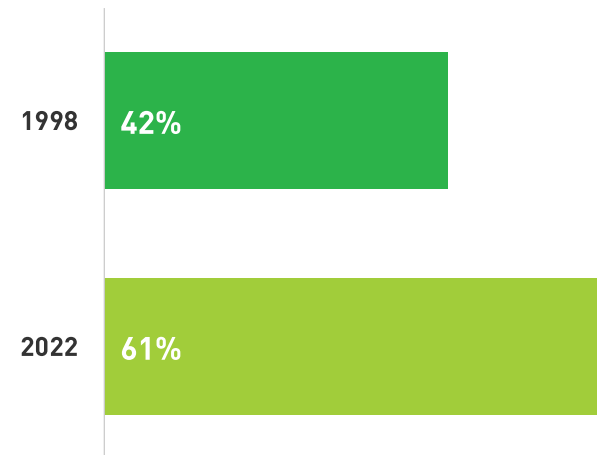
Pregnant women.....	21,430
Breastfeeding women.....	23,182
Postpartum women.....	12,565
Infants.....	57,238
Children.....	144,542

MORTALITY AND BIRTH OUTCOMES

Maternal mortality per 100,000 births, 2019-2023....	29.8
Infant mortality per 1,000 live births, 2023.....	7.0
Preterm birth rate, 2023.....	11%

BREASTFEEDING IN WIC

North Carolina WIC breastfeeding initiation rates increased by **44 percent** between 1998 and 2022.



Among WIC infants who initiated breastfeeding in North Carolina in 2022, **29 percent** continued breastfeeding at 6 months.

NORTH CAROLINA WIC PARTICIPANT CHARACTERISTICS

\$15,710

AVERAGE FAMILY INCOME

\$60

AVERAGE MONTHLY FOOD COST IN FY 2025

85%

RECEIVED MEDICAID

HOW WIC SUPPORTED THE NORTH CAROLINA ECONOMY IN FY 2025

\$228.2M

WIC FOOD AND FORMULA BENEFITS

\$59.4M

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).