Women, Infants & Children (WIC)

FACTS:

• Each month in Michigan, 200,000 moms, babies, and children under the age of five receive nutritious foods from the Michigan WIC Program. WIC foods are worth $30 to $112 or more per month for each participant.

• One out of every two babies born in Michigan receives WIC benefits.

• WIC has reduced the percent of low birth weight babies born to women enrolled in WIC from 8.2% to 7.8%.

• Breastfeeding initiation rates increased from 48.9% to 54% and the six-month duration rate from 13.6% to 18.0%.

• Children served by WIC have less anemia, improved dietary access, higher immunization rates and are more likely to have routine medical care.

• WIC impacts cognitive development in children. In fact, studies show that children served by WIC have improved vocabulary skills and improved memory.

SERVICES AVAILABLE:

Dickinson-Iron District Health Department
(906) 779-7212 or (906) 265-9913
www.didhd.org

• Coupons for nutritious foods to redeem at local stores food coupons

• Nutrition education and counseling

• (Infant and toddler feeding, breastfeeding, prenatal weight gain, anemia or iron deficiency, child growth and development and other related health issues).

• Breastfeeding promotion and support

• Referrals to other health services

• Project FRESH
  (Additional coupons to purchase locally grown fresh fruits and vegetables at farmers' markets)
WHAT YOU SHOULD KNOW:

- For every dollar spent on WIC, over $3.50 is saved in subsequent health care costs.
- WIC is a wise investment, generating important improvements in the health and productivity of children.
- In addition to direct cost savings, WIC services provide essential coordination with other health department services.
- Local communities are supported with more than $120 million yearly when WIC foods are purchased at grocery stores and pharmacies.
- WIC is administered by USDA and legislative requirements for WIC are contained in the Child Nutrition Act of 1966.

RESOURCES:

Michigan Department of Community Health
www.michigan.gov/mdch
(800) 26-BIRTH

United States Department of Agriculture (USDA)
Food & Nutrition Service
http://www.fns.usda.gov/wic/