

# 2020 Snapshot

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC):



A nutrition education and breastfeeding program.



Helps pregnant women, new mothers, babies and young children eat well, learn about nutrition and stay healthy.



Provides free, healthy food and connects families to health and other support services.

## ND WIC in 2020:

Served 17,994 mothers and children. 81% of WIC families are working families.



Provided benefits to 5,756 infants, which is more than 50% of the infants born in ND.



Families report that WIC helps them eat a variety of healthful foods including more fruits, vegetables, and whole grains and enjoy more family meals.



Families say they like WIC and often say it is a wonderful program with great staff who are helpful.

WIC food benefits are now issued on an eWIC card making it easier to purchase WIC foods.



## The Impact:

Moms on WIC are more likely to breastfeed, and 74% of ND WIC moms start out breastfeeding, helping infants stay healthy and preventing obesity later in life.



WIC families spent almost 8 million dollars purchasing healthy foods in the almost 150 WIC authorized stores across the state.



Studies show that WIC reduces premature births, infant mortality and low birth weight.



WIC referrals result in higher immunization rates, and WIC children are more likely to receive well-childcare.



*WIC is a smart investment, contributing to healthcare costs savings and assuring healthier outcomes for our families and our future.*

**WIC is growing healthy futures.**

This institution is an equal opportunity provider.