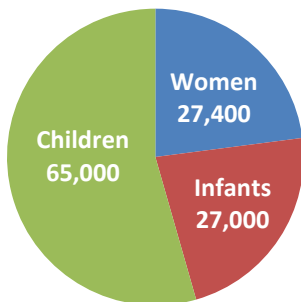


Minnesota WIC Facts 2016

Who Participates in Minnesota WIC?

- During FFY 2015, an average of 119,400 low to moderate income women, infants, and children ages 1-5 years participated each month in the Minnesota WIC program.¹
- Children are the largest group served by WIC.¹
- In 2014, Minnesota WIC served an estimated 45% of all infants born in Minnesota.¹

FY 2015 Average Monthly Participation in Minnesota WIC¹



Nutrition Services & Breastfeeding Support

- Participants receive individualized nutrition education and referrals to community resources.
- WIC promotes and actively supports breastfeeding, which is important for child and maternal health, and health care cost savings. WIC promotes exclusive breastfeeding for the first six months of an infant's life.
- WIC reduces anemia and obesity by providing healthy foods and nutrition counseling.

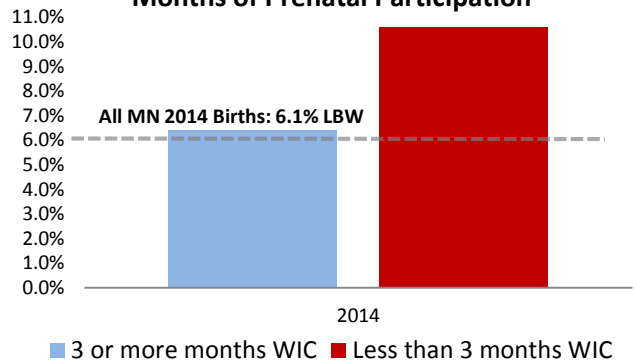
Healthy Foods

- WIC provides healthy foods including fruits, vegetables, whole grains and low fat dairy. The food package contributes to healthy diets which aid in reducing obesity and chronic disease.
- Each year Minnesota WIC distributes more than 1.2 million vouchers specifically for fruits and vegetables.¹
- During FY 2015, Minnesota WIC participants purchased over \$90 million in WIC foods at local grocery stores (see map on back).

Minnesota WIC Reduces Health Care Costs

- **Fewer Low Birth Weight Infants**
 In 2014, mothers who participated in Minnesota WIC for three or more months (15,534) had fewer low birth weight babies than mothers participating for less than three months (9,948).¹ A low birth weight infant hospital stay, is on the average \$24,000 more than that of a normal weight infant.²

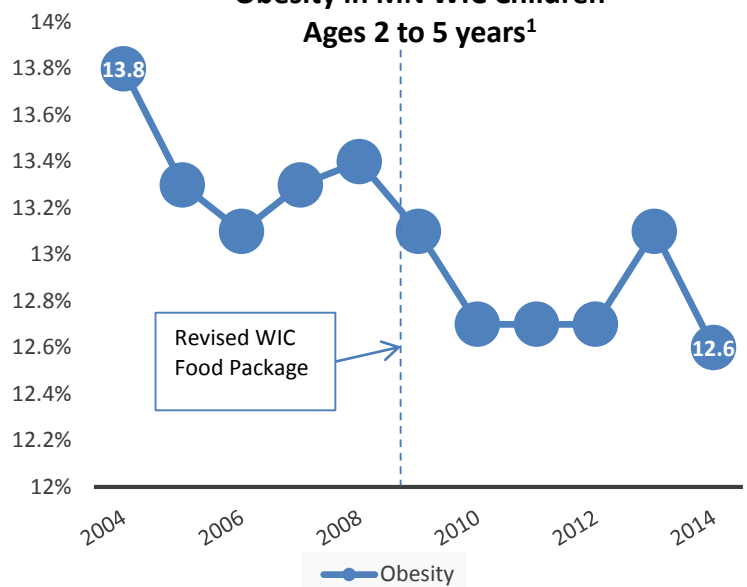
Low Birth Weight by Months of Prenatal Participation¹



Lower Childhood Obesity

- Early childhood obesity decreased in Minnesota by greater than one percentage point within the past ten years. For every percentage point decrease (8,000 children), \$152 million is saved in direct medical costs.³

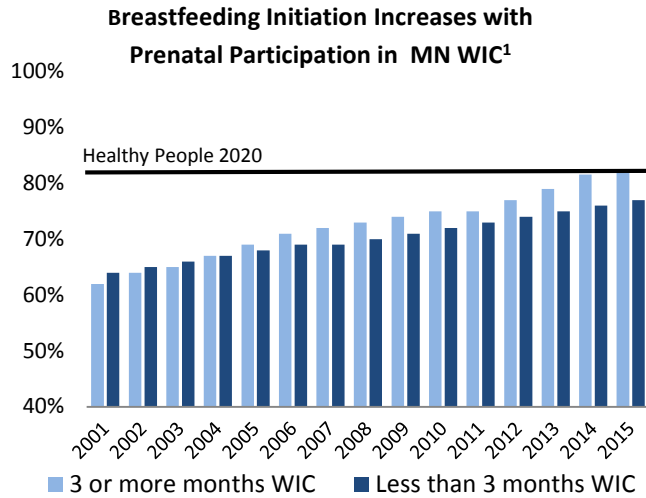
Obesity in MN WIC Children Ages 2 to 5 years¹



Minnesota WIC Facts 2016

Increased Breastfeeding Rates

Women participating in WIC earlier in their pregnancy were more likely to breastfeed. Nationally \$2.2 billion in annual medical costs could be saved if breastfeeding recommendations are met.⁴

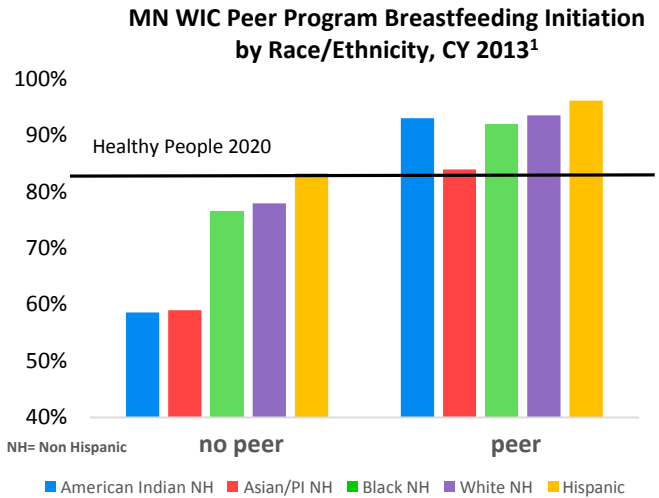


References

- ¹ Minnesota WIC Information System
- ² Statistical Brief #163. Healthcare Cost and Utilization Project (HCUP). September 2013. Agency for Healthcare Research and Quality, Rockville, MD. www.hcup-us.ahrq.gov/reports/statbriefs/sb163.jsp Accessed 2/2016.
- ³ Centers for Disease Control and Prevention. Childhood overweight and obesity. cdc.gov/obesity/childhood/index.html accessed 2/2016.
- ⁴ Bartick M, Reinhold A. The burden of suboptimal breastfeeding in the United States: a pediatric cost analysis. *Pediatrics* 2010; 125:e1048-1056. pediatrics.aappublications.org/content/pediatrics/early/2010/04/05/peds.2009-1616.full.pdf accessed 2/2016.

Minnesota WIC Peer Breastfeeding Program Advances Health Equity

Women of all races/ethnicity who had a WIC peer counselor exceeded the Healthy People 2020 objectives for breastfeeding initiation.



WIC Dollars Spent in Local Grocery Stores on Food by Congressional District FFY 2015

Congressional Districts		
	# Monthly Average WIC Participants (FFY2015)	Annual WIC Dollars Spent in Local Grocery Stores
District 1 - Waiz	15,400	\$11,300,000
District 2 - Kline	10,900	\$8,200,000
District 3 - Paulsen	12,000	\$9,400,000
District 4 - McCollum	19,400	\$15,800,000
District 5 - Ellison	16,100	\$11,700,000
District 6 - Emmer	13,100	\$10,100,000
District 7 - Peterson	17,800	\$13,400,000
District 8 - Nolan	14,700	\$11,100,000
Total	119,400	\$91,000,000

