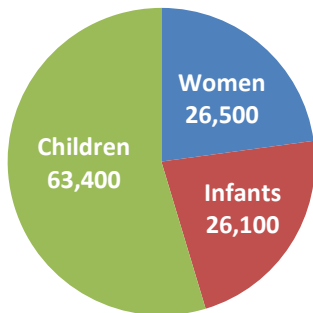


Minnesota WIC Facts 2017

Who Participates in Minnesota WIC?

- During FFY 2016, an average of 116,000 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 2015, Minnesota WIC served an estimated 42.0% of all infants born in Minnesota.¹

FFY 2016 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, important for child and maternal health and decreasing health care costs. 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.

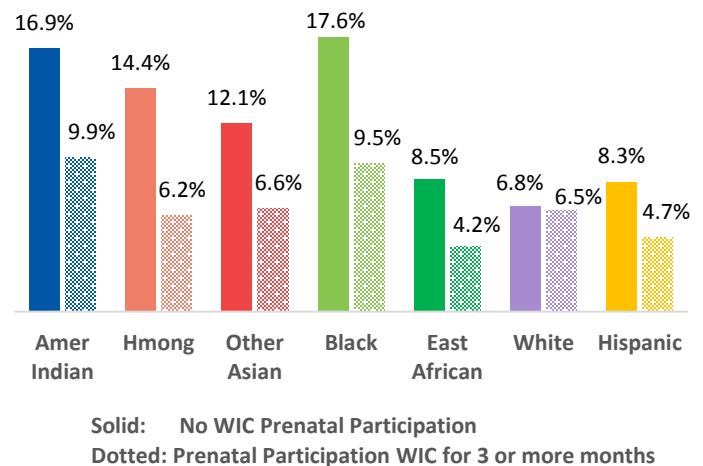
Healthy Foods

- 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 10.1 million dollars' worth of vouchers specifically for fruits and vegetables.¹
- During FFY 2016, Minnesota WIC participants purchased over \$86.4 million in WIC foods at local grocery stores (see map on back).

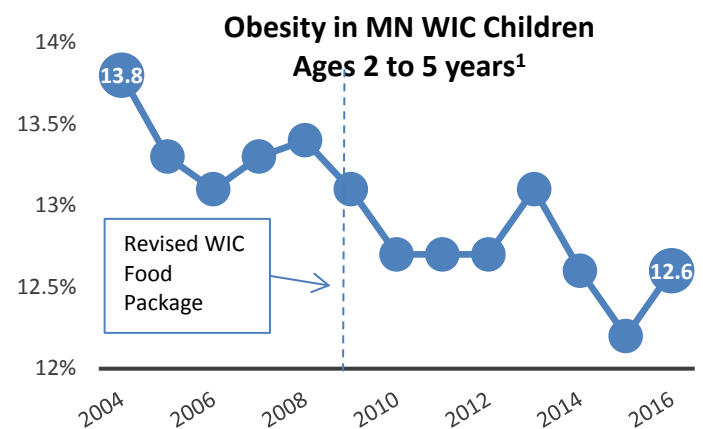
Minnesota WIC Reduces Health Care Costs

- **Fewer Low Birth Weight Infants**
 In 2015, fewer Medicaid-funded low birth weight infants were born to mothers with three or more months prenatal participation in MN WIC than mothers not participating in WIC.¹ The cost of a low birth weight infant hospital stay averages \$27,200 more than that of a normal weight infant.²

Low Birth Weight in Medicaid-Funded Births by MN WIC Participation and Race/Ethnicity CY 2015



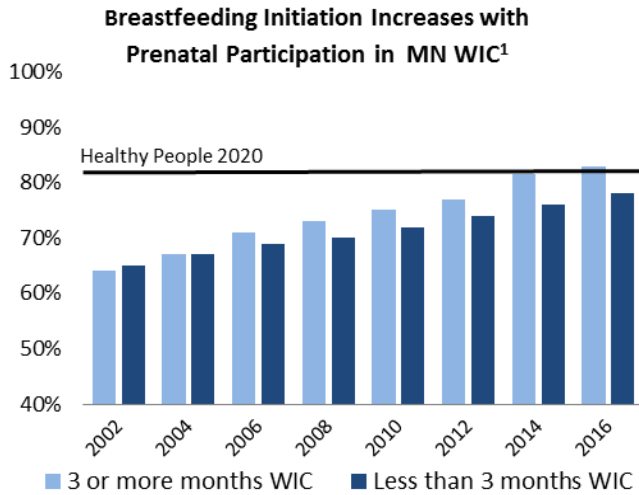
- **Lower Childhood Obesity**
 Early childhood obesity decreased in MN WIC by greater than one percentage point within the past ten years. For every percentage point decrease (8,000 children), \$152 million is saved in direct medical costs.³



Minnesota WIC Facts 2017

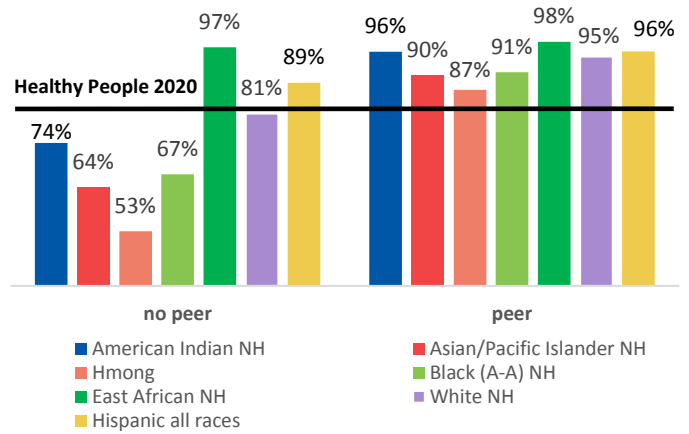
Increased Breastfeeding Rates

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



Peer Breastfeeding Program Advances Health Equity

MN WIC Peer Program Breastfeeding Initiation by Race/Ethnicity, CY 2015¹



Women of all races/ethnicities with a WIC peer counselor exceeded the Healthy People 2020 objectives for breastfeeding initiation.

References

- ¹ Minnesota WIC Information System and Minnesota Vital Statistics
- 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 2/2017.
- ³ Finklestein EA, Wan Chen Kang Graham SM, Malhotra R. Lifetime direct medical costs of childhood obesity. *Pediatrics* 2014; 133(5): 1-9. <http://pediatrics.aappublications.org/content/early/2014/04/02/peds.2014-0063.abstract> accessed 2/2017.
- 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 2/2017.

WIC Dollars Spent in Local Grocery Stores on Food by Congressional District FFY 2016

Congressional Districts	# Monthly Average WIC Participants (FFY2016)	Annual WIC Dollars Spent in Local Grocery Stores
District 1 - Walz	15,700	\$10,900,000
District 2 - Lewis	10,100	\$7,400,000
District 3 - Paulsen	11,200	\$8,600,000
District 4 - McCollum	19,300	\$15,000,000
District 5 - Ellison	15,200	\$12,100,000
District 6 - Emmer	12,800	\$9,700,000
District 7 - Peterson	18,500	\$13,300,000
District 8 - Nolan	13,400	\$9,400,000
Total	116,200	\$86,400,000

