Who Participates in Minnesota WIC?
- During FFY 2017, an average of 111,100 low-income women, infants, and children ages 1-5 years participated each month in the MNWIC program.¹
- In 2017, Minnesota WIC served an estimated 40.0% of all infants born in Minnesota.¹
- Minnesota ranks within the top four states nationwide in serving percent of those eligible for WIC.

Nutrition Services & Breastfeeding Support
- Participants receive individualized nutrition assessment along with education and referrals to community resources.
- WIC promotes and supports breastfeeding, including exclusive breastfeeding for the first six months of an infant’s life.
- WIC supports healthy diets and infant feeding practices. These practices can help prevent obesity and anemia among other benefits.
- Many WIC Programs provide Peer Breastfeeding services to mothers and infants.

Healthy Foods
- WIC provides healthy foods including fruits, vegetables, whole grains and low fat dairy. The WIC 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 benefits specifically for fruits and vegetables.¹
- During FFY 2017, Minnesota WIC participants purchased over $83 million in WIC foods at local grocery stores (see map on back).

Early MN WIC Participation Improves Birth Weight
In 2016, 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 a normal weight infant.²

Minnesota WIC Obesity and Overweight Status
Despite persistent disparities, significant decreases in obesity and overweight status have occurred in American Indian, Asian and Black/African-American children in Minnesota WIC.¹

% of Obesity/Overweight Status for 2011 & 2017 by Race/Ethnicity AOIC in MN WIC Children Ages 2-5 years

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>2011</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amer Indian</td>
<td>45.1</td>
<td>42.1</td>
</tr>
<tr>
<td>Hispanic All Races</td>
<td>34.6</td>
<td>34.3</td>
</tr>
<tr>
<td>Asian</td>
<td>31.3</td>
<td>29.5</td>
</tr>
<tr>
<td>Black/African Amer</td>
<td>27.3</td>
<td>25.5</td>
</tr>
<tr>
<td>White</td>
<td>25.6</td>
<td>26.9</td>
</tr>
</tbody>
</table>

AOIC= Alone or In Combination with Other Races,
*p<0.05 2011 compared to 2017
Minnesota WIC Facts 2018

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.  

Peer Breastfeeding Program Advances Health Equity

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

WIC Food Dollars Spent in Local Grocery Stores by Congressional District FFY 2017

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