# 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.