



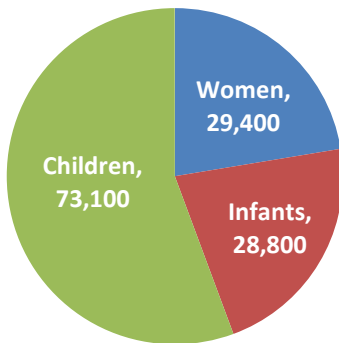
WIC Program and CSFP
PO Box 64882
St. Paul, MN 55025-0882
<http://www.health.state.mn.us/divs/fh/wic/index.html>

Minnesota WIC Facts

Who Participates in Minnesota WIC?

- During FY 2011, an average of 131,300 low-income women infants and children participated each month in the Minnesota WIC program.
- In 2009, Minnesota WIC served an estimated 45% of all infants born in Minnesota.
- Children, who are served through five years of age, were the largest participant group.

FY 2011 Average Monthly Participation in Minnesota WIC



Nutrition Services & Breastfeeding Support

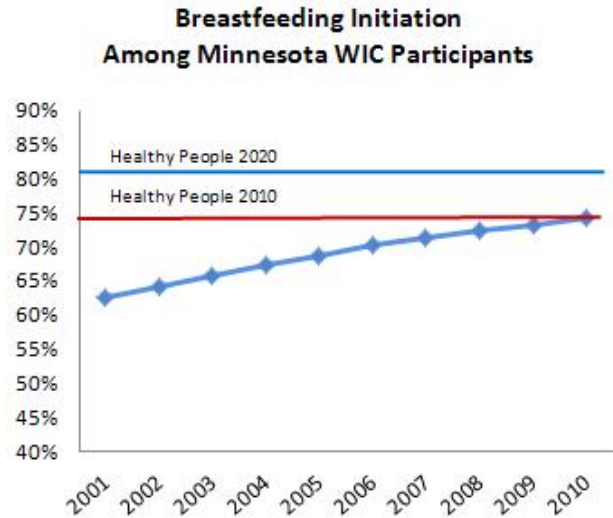
- Participants receive individualized nutrition education, nutrient-rich foods and referrals to other services, as needed.
- WIC promotes and actively supports breastfeeding women, important for child and maternal health, and health care cost savings.
- WIC helps women overcome individual barriers to breastfeeding and to reduce societal barriers.
- WIC foods include fruits & vegetables, whole grain foods, milk, iron-fortified cereal, vitamin C- rich juices, peanut butter, eggs, cheese, dried & canned beans/peas, canned fish, soy-based beverages, tofu, and baby foods.
- WIC reduces anemia rates by providing iron-rich foods and nutrition counseling.

Minnesota Healthcare Cost Savings

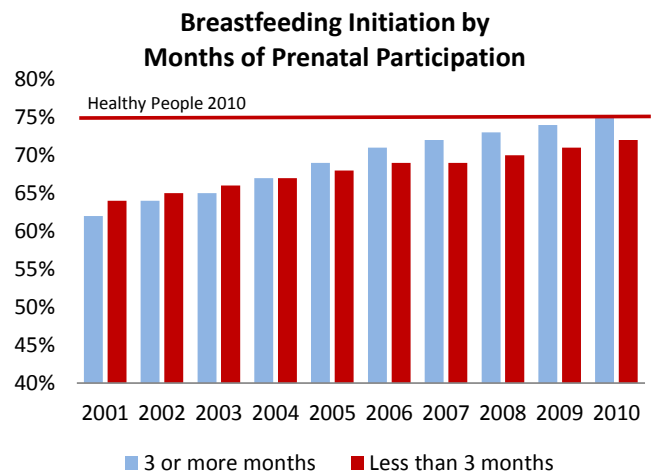
- Every dollar spent on pregnant women in Minnesota WIC saves \$4.21 in Medicaid costs for newborns and their mothers or an average of \$636 per prenatal participant.¹

Breastfeeding Initiation

- Initiation rates increased by nearly 20% from 63% in 2001 to 75% in 2011.

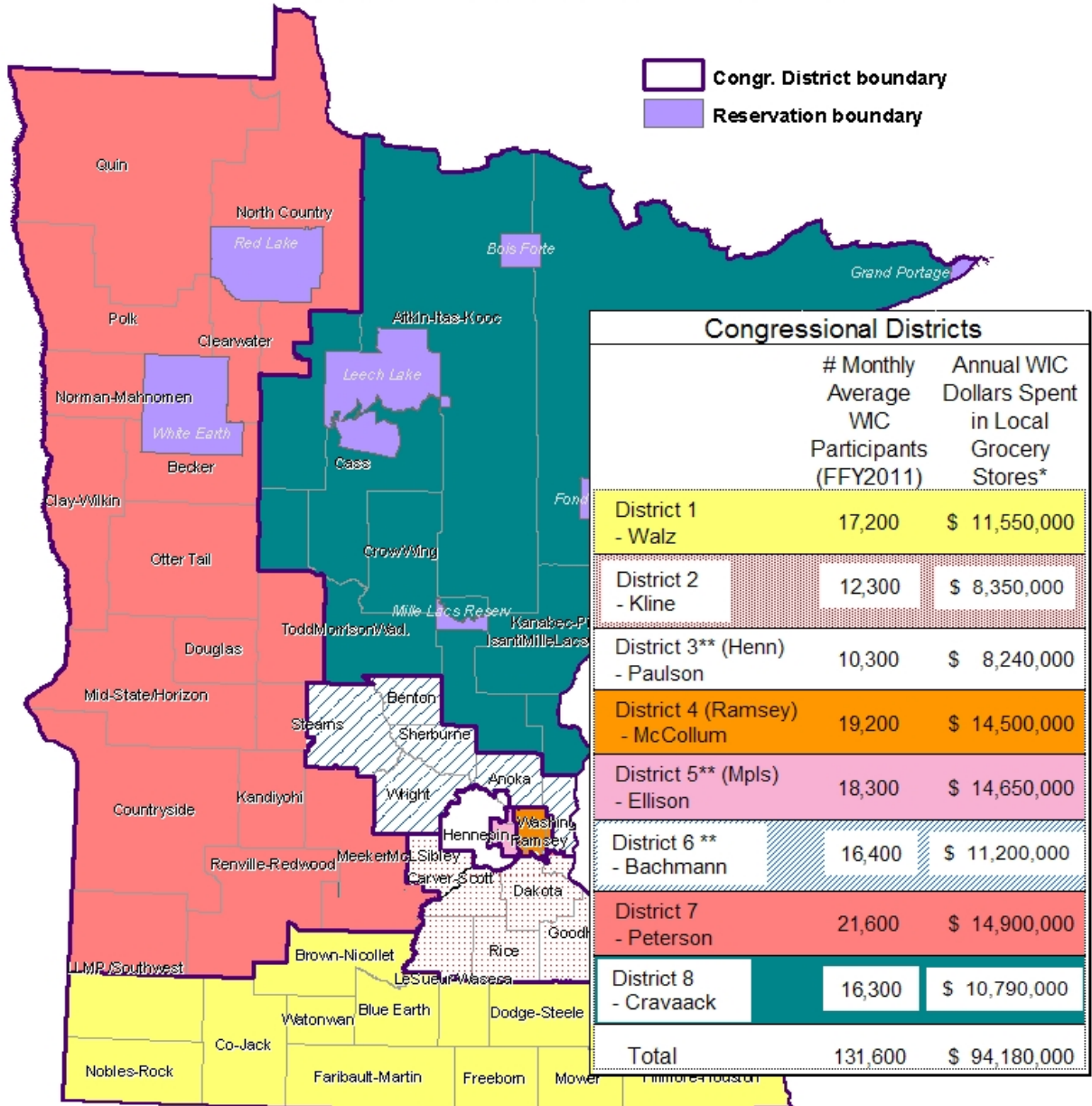


- Breastfeeding initiation in Minnesota is positively associated with prenatal participation in WIC. Mothers who participated in WIC for three or more months prenatally, in 2010, met the Healthy People 2010 breastfeeding initiation goal of 75%.



¹ USDA Report: The savings in Medicaid costs for newborns and their mothers from prenatal participation in the WIC program. Addendum October 1991 p 5. <http://www.fns.usda.gov/ora/MENU/Published/WIC/FILES/savadd.pdf>
Last accessed Feb 27, 2012

WIC Average Monthly Participation and WIC Dollars Spent in Local Grocery Stores on Food by Congressional District, 2010-2011



* Average based on FFY2011 actual WIC \$ spent on food.

** Congressional Districts 3,5 and 6 cross county boundaries. The estimated FFY2011 participation for Congressional Districts 3,5 and 6 was extrapolated by using the percentage of CY2008 participants in each zip code within the District.