

**Top
Ten**

**Nutrition Education
Healthy Food**



**Breastfeeding Support
Healthcare Referrals**

Strengthening Families for 40 Years

10. Premise: Early intervention during critical times of growth and development can help prevent future medical and developmental problems.
9. WIC is a discretionary federal program, not an entitlement program.
 - a. Is annually funded.
 - b. Is part of the Agriculture Appropriations Bill not the Farm Bill.
8. WIC solid returns on investment while reducing the budget:
 - a. For every dollar spent on a pregnant woman in WIC, up to \$4.21 is saved in Medicaid for her and her newborn baby.
 - b. Preterm births cost the U.S. over \$26 billion a year, with average first year medical costs for a premature/low birth-weight baby of \$49,033 compared to \$4,551 for a baby born without complications.
 - c. WIC is intended to be a short-term intervention. Only pregnant, breastfeeding and post-partum women, infants and children up to age five are eligible for the program. On average, a woman participates for 13 months.
7. Idaho WIC Program received 26 million for food expenditures (federal funds) and another 7 million infant formula rebate money.
6. Locally, \$4,510,467 dollars were spent on milk, cheese, peanut butter, whole grains, fresh fruits and vegetables, cereal, juice and other WIC foods in the last year. The average cost of a food package is \$50.00.
5. Twenty-nine local or chain grocery stores are authorized to redeem WIC checks and cash value vouchers in the EIPHD county service areas.
4. Choosing the lowest cost foods, buying what you need and purchasing milk in gallon containers are all ways participants help save on WIC food costs.
3. In 2011, 87% of infants were breastfed within the EIPHD service area: Nationally 67% of WIC participants BF

Bonneville = 82%	Clark = 86%	Custer = 75%	Fremont = 87%
Jefferson/West Jefferson = 88%/87%	Lemhi = 71%	Madison = 95%	Teton = 91%
2. At EIPHD, WIC has clinics in all counties (Bonneville, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton).
 - a. There are 4,301 families participating in WIC. Most families have a household size of three or four members.
 - b. Most families receive two or three months of benefits at an appointment.
 - c. Families receive at least two nutrition contacts every six months on topics such as childhood obesity, prevention of baby bottle tooth decay, breastfeeding support, or gaining weight within recommended guidelines for pregnancy. For high-risk participants, registered/licensed dietitians provide individual nutrition consults.
1. **Dedicated WIC Staff - EIPHD WIC staff members have a combined 175 years of experience!**



**For more information about the WIC program,
call Eastern Idaho Public Health District at 522-3823.**