



# Grant County WIC Facts: 2010

Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

## Infants Born Served by WIC

Grant.....76%  
Statewide .....50%

## Women, Infants and Children Served

**Total: 9,979**

Infants and children under 5..... 7,148

Pregnant, breastfeeding and postpartum women.... 2,831

## WIC and the Farmers Market Nutrition Programs Benefit the Local Economy

Dollars to grocery stores  
\$4,094,098

Dollars to farmers  
\$17,568

## WIC Families

Working families .....75%

Families living in poverty .....70%

Even though they are working, the majority of WIC families are living in poverty. In 2010, the monthly income for a family of four living in poverty was \$1,838 or less.

## WIC Nutrition Education Promotes Healthy Choices

Total nutrition education sessions ..... 29,813

WIC nutrition education:

- Emphasizes healthy habits so families can eat better and stay active to prevent obesity and other chronic diseases.
- Promotes breastfeeding for at least the first year of life. And, helps working mothers breastfeed longer by providing breast pumps.
- Helps prevent early childhood caries by giving parents ideas for healthy snacks and stressing dental care by age one.

## WIC Attracts Families to Preventive Health Services

WIC referrals ..... 53,902

WIC helps families get the services they need.



\* Maternity Support Services

# Washington WIC

"...improving the lifelong health and nutrition of women, infants and young children"

# Grant County

## WIC Sites

### Columbia Basin Health Association

Mattawa  
Royal City

### Colville Confederated Tribes Tribal Health Program

Grand Coulee

### Mattawa Community Medical Clinic

Mattawa

### Moses Lake Community Health Center

Ephrata  
Grant County International Airport  
Moses Lake  
Quincy  
Warden

## Statewide WIC Facts 2010<sup>1</sup>

### 316,133 pregnant and breastfeeding women and children under age 5 benefit from WIC

- 65% are from working families.
- 15,388 are from military families, including women serving in the armed forces.
- Families receive healthy foods, education and counseling on nutrition and physical activity, referrals, and breastfeeding support.

### \$120 million in grocery store sales

- Each client receives checks to purchase an average of \$52 a month in healthy foods.
- Families buy healthy food with their WIC checks at more than 739 grocery stores statewide.

### \$743,722 in purchases from local farmers

- With WIC Farmers Market Nutrition Program checks, families can eat more fresh fruits and vegetables from local farmers.

### 85% of WIC mothers give their child a healthy start by breastfeeding, far exceeding the national rate of 68%.<sup>2</sup>

- Children who are not breastfed are more likely to have asthma, diabetes, and childhood obesity.<sup>3</sup>
- Mothers who breastfeed lose pregnancy weight gain more quickly.
- Mothers who do not breastfeed have higher rates of breast cancer and osteoporosis.<sup>3</sup>

### In the past 30 years, Washington WIC has contributed more than \$1 billion in grocery sales and saved an estimated \$700 million in health care costs.<sup>4</sup>

<sup>1</sup> Federal Fiscal Year 2010.

<sup>2</sup> CDC. Provisional Breastfeeding Rates by Socio-demographic Factors, Among Children born in 2007, Breastfeeding Among U.S. Children Born 1999-2007, CDC National Immunization Survey.

<sup>3</sup> U.S. Dept. of Health and Human Services. HHS Blueprint for Action on Breastfeeding, Wash.D.C., DHHS, Office of Women's Health, 2000.

<sup>4</sup> Mathematica Policy Research: The savings in Medicaid costs for newborns and their mothers from prenatal participation in the WIC program. Prepared for U.S. Department of Agriculture, Food and Nutrition Service, October 1990.

## Contact Us

Visit [www.doh.wa.gov/cfn/wic](http://www.doh.wa.gov/cfn/wic) to find more information about Washington WIC, a copy of our Annual Report, and county-specific fact sheets. You can also call 1.800.841.1410 and press 0, or write PO Box 47886, Olympia WA 98504-7886. For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388). This institution is an equal opportunity provider.