



# Mason County

## WIC Facts: 2009

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

### Infants Born Served by WIC

Mason .....65%  
 Statewide .....51%

### Women, Infants and Children Served

**Total: 3,087**

Infants and children under 5 ..... 2,207

Pregnant, breastfeeding and postpartum women.... 880

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

Dollars to grocery stores  
 \$1,090,806

Dollars to farmers  
 \$1,208

### WIC Families

Working families .....61%

Families living in poverty .....72%

Even though they are working, the majority of WIC families are living in poverty. In 2009, 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 ..... 7,580

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 ..... 9,775

WIC helps families get the services they need.



\* Maternity Support Services

# Mason County

## WIC Sites

### Community Action Council of Lewis, Mason & Thurston Counties

Shelton

### Harrison Medical Center

Belfair

### South Puget Intertribal Planning Agency

Skokomish Tribe

Squaxin Island Tribe

## Statewide WIC Facts 2009<sup>1</sup>

### 313,000 pregnant and breastfeeding women and children under age 5 benefit from WIC

- 69% are from working families.
- 14,000 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.

### \$134 million in grocery store sales

- Each client receives checks to purchase an average of \$58 a month in healthy foods.
- Families buy healthy food with their WIC checks at more than 754 grocery stores statewide.

### \$796,000 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 66%.<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 2009.

<sup>2</sup> CDC. Racial and Ethnic Differences in Breastfeeding Initiation and Duration, by State – National Immunization Survey, U.S., 2004-2008, MMWR 2010;59(11):327-334

<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/cfh/wic](http://www.doh.wa.gov/cfh/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.