How the WIC Program helps Maine families

The Maine WIC Nutrition Program provides nutrition and breastfeeding education, nutritious foods, and healthcare referrals for 20,360 eligible women, infants, and children.

Pregnant women enrollment by trimester: 1st- 37%

> 2nd-38% 3rd- 25%

3 out of 5 MaineCare eligible infants are enrolled in WIC



2016 Breakdown of WIC Participants in Maine

22%

55% Children (ages 1-4) Women

23% **Infants** **40% Pregnant** 31% Breastfeeding 29% Non-breastfeeding

76% of infants on WIC have ever breastfed, 39% for 3 months, 29% for 6 months

Certified Lactation

Registered Dietetic **Technicians** Counselors

Credentialed staff providing services to participants in 62 clinics

Lactation Consultants

Certified Health Education **Specialists**

Registered Dietitians

250 **Authorized stores** provide foods to participants

S59.20 Average monthly food benefit per person

Redeemed checks for fruits and vegetables

\$14.24 Mil **Spent annually** with Maine grocers

\$44,200 **Redeemed with 70** local farmers

WIC improves birth outcomes by reducing premature births, infant mortality, and low birth weight.

45% of children in WIC with low hemoglobin had an improvement at a follow-up!



Maine Center for Disease Control and Prevention

An Office of the Department of Health and Human Services

Ricker Hamilton, Commissioner Paul R. LePage, Governoi

