

Women, Infants and Children (WIC)

Maine Center for Disease Control and Prevention

Maine Department of Health and Human Services

- ❑ There are approximately 40,000 women, infants and children annually that may qualify for the WIC Program.
- ❑ 6.5% of live births were low birth weight infants.
- ❑ 10.1% of births were pre-term deliveries, a 25% increase since 1993.
- ❑ 16.1% of women who had babies in 2003 smoked during pregnancy, while 28.8% reported smoking before pregnancy.
- ❑ Nearly 40% of the women who breastfed their babies after delivery stopped breastfeeding within 3 months.
- ❑ 10% of Maine households are food insecure.



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The Women, Infants and Children (WIC) Program provides healthy food, nutrition counseling, breastfeeding support and access to health services to income-eligible women, infants and children. The program was designed by Congress to be an adjunct to health care and provide supplemental foods during critical times of growth and development.

Program Goals:

- ❑ To improve the overall health of participants and their families;
- ❑ To promote nutrition education among state and local agencies;
- ❑ To link recipients into the health care system;
- ❑ To provide an efficient food benefit delivery system;
- ❑ To increase the incidence and duration of breastfeeding;
- ❑ To enhance data systems with other state agencies.

Priority Populations:

Pregnant, postpartum breastfeeding and non-breastfeeding women, infants and children up to the age of five who are at or below 185% of the federal poverty guidelines and who are at medical or nutritional risk.

Program Activities:

The Program contracts with nine private health and social service agencies to provide WIC services in approximately 110 sites throughout the state. Eligibility determination, height/weight measurements, hemoglobin tests, nutrition and health education and benefits issuance is provided at all sites. WIC recipients are issued checks that can be redeemed at approximately 300 stores statewide.

Funding Sources:

Funds are provided through a categorical grant from the United States Department of Agriculture (USDA). Maine receives approximately \$9.5 million in food funds, \$5 million in administrative funds and \$4.5 million in infant formula rebates. (76% Federal funds, 24% Infant Formula Rebates to be used only for food)

Budget: \$19,027,811 (FFY 2006)

Staff Count: 9