



Columbia County

2006 WIC Facts

Oregon State Public Health, Special Supplemental Nutrition Program for Women, Infants & Children

Pregnant Women Served by WIC

County.....29%
 Statewide.....40%

Women, Infants and Children Served

Total: 1,903

Infants and children under 5..... 1,368

Pregnant, breastfeeding and postpartum women..... 535

WIC Moms Who Start Out Breastfeeding

89.2%

WIC and the Farm Direct Nutrition Program Benefit Your Local Economy

Dollars to grocery stores.....\$642,060

Dollars to farmers..... \$3,500

WIC Families in Your County

Number of families served.....738

Working families 60.4%

WIC households with at least one working family member

Families living in poverty 69.8%

Families of WIC clients with income at or below the federal poverty level (\$1,383 per month for a family of 3)

WIC Services in Your County

- Individual assessment of growth
- Education and counseling on nutrition and physical activity
- Breastfeeding education and support
- Nutritious foods purchased with WIC vouchers
- Immunization screening and referral
- Referral to other preventive health services

WIC Nutrition Education Promotes Healthy Choices

WIC nutrition education:

- Emphasizes healthy lifestyle habits so families can eat better and stay active now to prevent obesity and other chronic diseases later in life.
- Promotes breastfeeding for the first year of life. Also, our breast pump project helps mothers continue to breastfeed after returning to work or school.

Oregon WIC...
Improving the lifelong health and nutrition of Oregon families





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WIC Agencies & Sites

Columbia Health District
Public Health Authority WIC
Program

Clinic Sites

Clatskanie
Rainier
St. Helens
Vernonia

WIC Authorized Grocery Stores

Fred Meyer
Rite Aid
Safeway
St. Helens Red Apple Market
Vernonia Sentry

WIC Authorized Farmers' Markets & Farm Stands

Rainier Farmers Market
Scappoose Community Club Farmers' Market
Scappoose Veggie Basket

Contact Oregon WIC

Phone: (971) 673-0040
TTY: (800) 735-2900
Web: www.oregon.gov/dhs/ph/wic

For persons with disabilities, this document is available in alternate formats. Please call (971) 673-0040.

WIC is an equal opportunity program and employer.