INCLUDE PLAN

The American Academy of **Pediatrics** recommends that physicians refer eligible patients to WIC. Oregon WIC serves 44% of infants born. However, there are still thousands of pregnant women and babies, and even more children ages 2-5, who are eligible but not on WIC. People on **Oregon Health Plan** are automatically eligible for WIC*.

> *Families are eligible for WIC if they have income up to 185% of the federal poverty level or are enrolled in other programs such as OHP or SNAP.



- Visit our website
- Go to 'Learn more about the Oregon WIC Program'
- Click on 'Resources for Medical Providers'



WIC Rx Forms

For families that need extra nutritional help

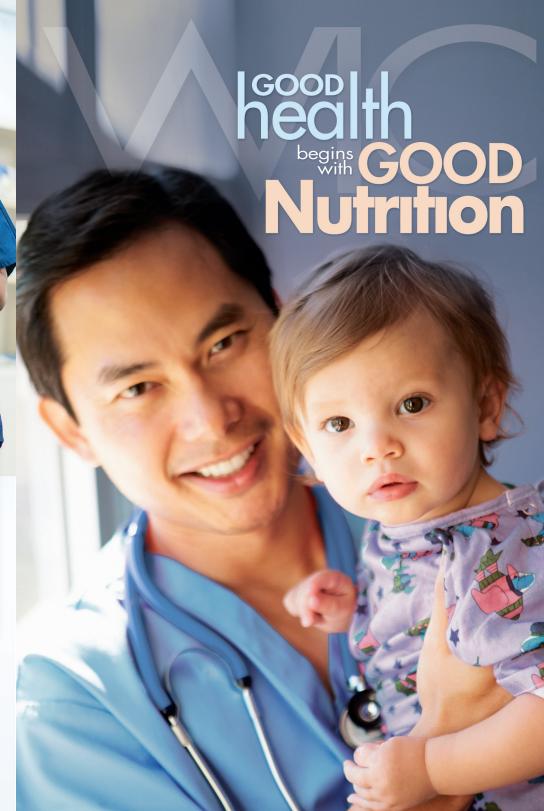
www.healthoregon.org/wic





Oregon WIC Program 800 NE Oregon St #865 Portland, OR 97232 www.healthoregon.org/wic 971-673-0040

WIC Rx materials were developed by Minnesota Dept. of Health WIC Program with funding from Hunger-Free Minnesota and have been adapted with their permission. USDA is an equal opportunity provider and employer.



goals for a patient include

- ☐ breastfeeding support
- ☐ a healthy diet
- sufficient iron in the diet

Get RESULTS with WIC

Increase key nutrients in the diet

Increase breastfeeding rates and success

> Improve healthy growth and development

Better birth outcomes, with fewer preterm and low birth-weight babies

WIC Services

The WIC team includes dietitians, nurses, certified lactation consultants and trained breastfeeding peer counselors. Together, WIC can offer your patients follow-up care in four key areas:

Breastfeeding

- · Assistance & tips
- . Peer support

Resources

- . Consultations
- . Referrals

One-on-one breastfeeding support and encouragement.



Connecting families to health and community services, resources and programs unique to each patient.

Nutrition

. Assessment

Personalized

consultation with

ups, working with

families to address

routine follow-

dietary needs,

meal planning

and feeding

concerns.

nutrition

. Education

Food Choices

Food packages Shopping guidance



Nutritious food packages include fruits & vegetables, whole grains, low-fat dairy and iron-rich foods tailored to the specific needs of moms, infants and children to age 5.

You promote healthy eating

WIC can help!

