GROWING HEALTHY FUTURES

 Participating in WIC supports the long-term health of women, infants, children and families. WIC is proven to support longer pregnancies and positive birth outcomes\(^1\).

For children, the American Academy of Pediatrics identifies three foundations of healthy child development:

- **Stable, Responsive Relationships**
- **Safe, Supportive Environments**
- **Appropriate Nutrition\(^2\)**

WIC is the premier public health nutrition program, and it supports all three of these developmental foundations.

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**2019 Data**

**Oregon State WIC Program**

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**WHO WE SERVED**

- **127,112** Women, infants and children who participated in WIC
- **73,292** WIC families served

- **32%** of all pregnant women served by WIC
- **68%** are working families

- **5 out of 7** participants are infants and children under five

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**BREASTFEEDING**

- **95%** WIC moms start out breastfeeding
- **34%** WIC moms breastfeed exclusively for six months

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1 Fingar et al, Journal of Maternal and Child Health, 2017  
2 American Academy of Pediatrics, Policy statement, 2012
HEALTHY FOOD ACCESS
To be a WIC store, it must carry:
• At least 8 kinds of fresh fruits and vegetables
• Whole grain products
• Lowfat milk
• Lowfat yogurt
• Canned/dried beans

ECONOMIC BENEFITS OF WIC

550 Local stores accepting WIC:
• 143 Independent stores
• 79 Local or regional chains
• 260 National chain stores
• 67 Pharmacies

$48,069,348
Total dollars spent by this agency’s participants at local stores

WIC FARM DIRECT NUTRITION PROGRAM
The Farm Direct Nutrition Program (FDNP) provides families with an additional source of nutritious food and education on selecting and preparing fresh produce.

1,078 Participating Farmers at local farmers markets and farm stands
$823,200
FDNP dollars paid to local farmers

WIC CLINIC SITES
114 WIC clinics across Oregon

For more details about these numbers, please visit:
https://www.oregon.gov/OHA/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/annual.aspx

Contact the Oregon WIC Program
971-673-0040
www.healthoregon.org/wic

You can get this document in other languages, large print, braille, or a format you prefer. We accept all relay calls, or you can dial 711.

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