

INCLUDE WIC IN YOUR TREATMENT 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.



CONNECT PATIENTS with WIC

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

WIC Rx NUTRITION SERVICES

NAME _____ DATE _____

Your doctor suggests that you consider visiting WIC for these services to help your family be healthy:

<input type="checkbox"/> Healthy eating during pregnancy
<input type="checkbox"/> Breastfeeding support
<input type="checkbox"/> Infant and child feeding
<input type="checkbox"/> Child's healthy growth
<input type="checkbox"/> Assistance with family meals
<input type="checkbox"/> Nutritious foods
<input type="checkbox"/> Other: _____

LEARN MORE at www.healthoregon.org/wic
DIAL 211 to find a WIC clinic near you

This institution is an equal opportunity provider and employer.
WIC Rx materials were developed by Minnesota Dept. of Health.

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

GOOD health
begins with GOOD
Nutrition



WHEN YOUR goals for a patient include

- breastfeeding support
- a child's healthy growth
- a healthy diet
- successful feeding
- sufficient iron in the diet
- prenatal nutrition
- a healthy pregnancy



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

For every \$1.00 spent
on WIC during pregnancy, up to
\$4.21 is saved in medical costs!

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	Resources	Nutrition	Food Choices
<ul style="list-style-type: none"> · Assistance & tips · Peer support 	<ul style="list-style-type: none"> · Consultations · Referrals 	<ul style="list-style-type: none"> · Assessment · Education 	<ul style="list-style-type: none"> · Food packages · Shopping guidance
			
<p>One-on-one breastfeeding support and encouragement.</p>	<p>Connecting families to health and community services, resources and programs unique to each patient.</p>	<p>Personalized nutrition consultation with routine follow-ups, working with families to address dietary needs, meal planning and feeding concerns.</p>	<p>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.</p>

You promote healthy eating

WIC can help!