



National WIC Association  
Your child has you. And you have WIC.



## How WIC Impacts the People of Texas

### ROLE OF THE WIC PROGRAM

With firm commitment to safeguarding and advancing the nutrition status and health of mothers and children and to promoting breastfeeding in the U.S., the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) works within each state to improve healthcare access for low and moderate income women and children with, or at risk of developing, nutrition-related health problems, including obesity and type 2 diabetes. WIC provides nutrition education and healthy foods enabling families to make lifelong healthy eating and lifestyle choices. The foods in the WIC food packages are specifically selected for their nutritional value to supplement the dietary needs of participants to ensure good health, growth and development. See how WIC impacts the people of Texas.

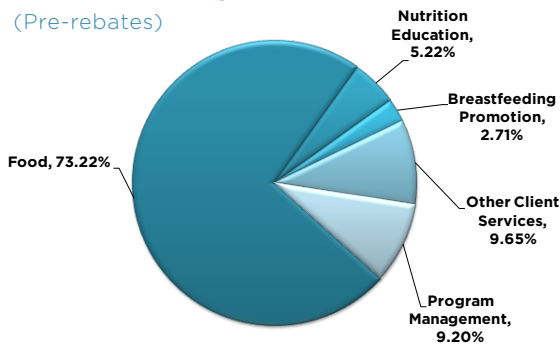
Average Texas  
Monthly WIC Participation  
October 2010 – September 2011  
FY 2011

Pregnant Women	99,812
Breastfeeding Women	96,111
Postpartum Women	54,246
Infants	233,778
Children	509,551
<b>Total Participation</b>	<b>993,498</b>

Texas  
WIC Food and Services Benefits  
October 2010 – September 2011  
FY 2011

Total Food Benefit Value Per Participant (monthly)	\$44.35
Total Food Benefit Spent in State (Food + Rebate)	<b>\$528,663,229</b>
Manufacturer Cost Containment Rebate	<b>(\$160,771,715)</b>
Net Federal Food Cost	<b>\$367,891,514</b>
Nutrition Service Benefits	\$193,365,024

Texas WIC Funding FY 2011  
(Pre-rebates)



The WIC Funding for FY 2011 graph illustrates Food Costs and the allocation of Nutrition Services Benefits in Texas:

- ➔ Food (pre-rebate): 73.22%
- ➔ Nutrition Education: 5.22%
- ➔ Breastfeeding Promotion: 2.71%
- ➔ Other Client Services: 9.65%
- ➔ Program Management (Admin): 9.20%

# WIC PROMOTES HEALTH AND HEALTHCARE SAVINGS

## HEALTHY EATING

WIC provides nutrition education and healthy foods to help families make healthy choices. The WIC food package includes fruits, vegetables, low-fat dairy, and whole grains. The food package helps combat food insecurity, and contributes to healthy diets which aid in reducing obesity and chronic disease.

# 27%

of Texas children are food insecure.\*

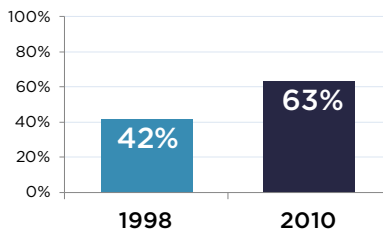
\*Food insecurity refers to a lack of access, at times, to enough food or nutritionally adequate food.<sup>1</sup>

WIC helps families combat food insecurity and nutrition-related health problems including obesity and type 2 diabetes.

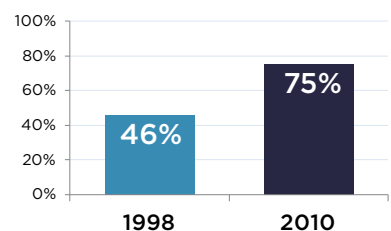
## BREASTFEEDING

Research shows that breastfeeding provides numerous health benefits to both the mother and her baby, helping to reduce healthcare costs. Breastfeeding lowers a child's risk of obesity, type 2 diabetes, and asthma. WIC is the largest public breastfeeding promotion program in the nation, providing mothers with education and support.

### National WIC Participant Breastfeeding Rates



### Texas WIC Participant Breastfeeding Rates



Source: USDA 2010 WIC Participant and Program Characteristics (PC) Report. PC data allows for standardized comparisons to demonstrate overall progress. Some states collect more data than required by the PC Report and may yield different and more current results than shown.

## PROGRAM INTEGRITY

Participants and retail vendors will experience easier benefit access and delivery as WIC aims to implement Electronic Benefit Transfer (EBT) nationwide by 2020. EBT helps reduce opportunities for vendor food cost price fraud and abuse.

Texas implemented statewide EBT in April 2009.

## VOICES OF TEXAS WIC

*"This program helps in making a difference in the lives of women who are counseled as well as in life of a counselor because it empowers women to help each other."*

—WIC Staff, Texas

*"WIC saved my son's life with their iron screening test. Our two year old son...was weak, lethargic, wouldn't eat and had severe diarrhea. Luckily for us, soon thereafter, we attended a scheduled WIC appointment...WIC checked our kid's weight, height and iron levels...While the normal [iron] levels were expected to be between 11 and 13, [his] were only reading 3.6 and 4...[staff] instructed us to immediately take [him] for lab work at his pediatrician's office...[He] was admitted... In a matter of minutes, a specialist informed us that an immediate blood transfusion should be started...We know that without that scheduled WIC appointment, where his iron levels were checked, [our son] wouldn't be with us today."*

—WIC Participant, Texas

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NWA's mission: Providing leadership to promote quality nutrition services; advocating for services for all eligible women, infants, and children; assuring the sound and responsive management of WIC.

<sup>1</sup>Feeding America. *Mind the Meal Gap*. Retrieved July 2012 from <http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx>