



Healthy Habits, Healthy Families

Important Information for WIC Partners

WIC, the Special Supplemental Nutrition Program for Women, Infants and Children, is a federally funded program to assist low-income families by providing nutrition education and counseling, breastfeeding promotion and support, supplemental foods, and healthcare referrals. WIC serves pregnant women, postpartum women, infants, and children up to age 5.

Reasons to refer people to WIC

- WIC provides valuable nutrition education through one-on-one counseling and group classes.
- WIC promotes breastfeeding and provides breastfeeding support.
- WIC provides healthy supplemental foods including whole grains, fruits and vegetables.
- WIC offers foods that appeal to diverse populations including tofu and soy-based beverage.

Eligibility Requirements

- Potential participants must:
 - Live in North Carolina.
 - Have a family income equal to or less than 185% of the U.S. Poverty Income Guidelines. A person receiving Medicaid, Work First Families Assistance (TANF), or assistance from the NC Food and Nutrition Services (Food Stamps) automatically meets the income eligibility requirement.
 - Be at nutritional risk. A nutritionist or other professional staff member makes a nutritional risk assessment at no cost to the participant, usually at the local WIC office.
- More information about eligibility requirements, including income guidelines can be found at www.nutritionnc.com.

Benefits to WIC Participants

The National WIC Evaluation of 1987 found the following.

- Children who participate in WIC are more likely to receive regular preventive health services and were better immunized than children who did not participate in WIC.
- WIC improves the dietary intake of pregnant and postpartum women. It also improves weight gain in pregnant women.
- WIC has a positive effect on children's diets and diet-related outcomes such as higher mean intakes of iron, vitamin C, thiamin, niacin and vitamin B6, without an increase in food energy intake, indicating an increase in the nutrient density of the diet.
- Four- and 5-year-olds who participate in WIC during early childhood have better vocabularies and digit memory scores than comparable children who do not participate in WIC.
- WIC participants have significantly improved rates of childhood immunization and a regular source of medical care than non-WIC participants.

Make a Referral to WIC Today

- WIC is administered through the Nutrition Services Branch in the North Carolina Division of Public Health. To find a local WIC office in your own county go to www.nutritionnc.com.
- To obtain additional referral forms, pamphlets or other information contact your county health department.

