



What Happens at WIC?

WIC provides the following services to achieve positive health outcomes:

- ◆ Nutrition counseling and education
- ◆ Breastfeeding promotion and support
- ◆ Checks to buy nutritious foods
- ◆ Immunization screening and referrals
- ◆ Health and social service referrals

WIC health professionals (registered nurses and licensed dietitians) meet with each participant to:

- ◆ Assess their diet and health history to identify nutritional needs
- ◆ Provide nutrition counseling
- ◆ Determine the appropriate foods for that individual and explain how to get them at an authorized WIC retailer.

WIC promotes breastfeeding

- ◆ Iowa's WIC Program has been a leader in breastfeeding promotion and support activities, especially in community-based coalition development.
- ◆ Breastfeeding initiation rates for Iowa WIC mothers have increased since 1990, as have breastfeeding initiation rates for all Iowa mothers.



Who is Eligible?

More families than you might think!

WIC serves Iowa residents who are:

- ◆ Pregnant
- ◆ Breastfeeding, for up to one year postpartum
- ◆ Women who are not breastfeeding, for six months postpartum
- ◆ Children under 5 years old

AND

Who meet WIC income guidelines

The guideline is 185% of the poverty level set by the federal government and is based on household size. A family of four can make over \$39,000 annually and qualify.

AND

Who have a medical or nutritional need

Medical and nutritional needs are determined at the WIC certification appointment.

Examples of qualifying needs are:

- ◆ Medical conditions that affect food intake or nutrition status
- ◆ Abnormal height or weight measurements
- ◆ Low intake of essential nutrients
- ◆ Conditions that predispose a person to inadequate nutrition patterns like lead poisoning, teen pregnancy, alcohol or drug abuse.

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