



## 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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