

**Lead Agency:** Health Department

**Program Contact:** David Brown

**Program Offer Type:** Existing Operating

**Related Programs:**

**Program Characteristics:** Climate Action Plan

### Executive Summary

The Women, Infants and Children Program (WIC) serves lower-income pregnant, post-partum and breastfeeding women, infants and children under age five who have health or nutrition risks. WIC sees every participant at least four times per year to provide individual growth and health assessments, education on nutrition and physical activity, nutritious foods purchased with WIC vouchers, breastfeeding education and support and referrals to other preventive health and support services. Other support services include prenatal and other medical care, immunizations, Head Start, housing and day care assistance, social services, etc. WIC served over 32,000 clients in 2011, and received a State WIC award for exceeding contract performance measures by averaging >100% of assigned caseload for the entire year. This included over 35% of all pregnant women in Multnomah County. WIC leverages federal funds to pay for almost 78% of the program's costs. WIC brought in over \$12 million dollars to local grocery stores and, through the Farm Direct Nutrition Program (Farmer's Market), over \$70,000 to local farmers. WIC is one of the few health promotion programs the federal government has sponsored. It is estimated that for every \$1 spent on WIC over \$3 is saved in Medicaid expenses. Programs like Oral Health, Lead Screening, Head Start and others are realizing the tremendous access WIC provides to the community. Since it is a federal mandate that WIC provide referral services to other valuable community programs, for the individual client, WIC becomes the web that connects all the programs together for easy access – seamless service.

### Program Description

The WIC Program's mandate is to provide food, nutrition education, growth monitoring and support services to our most vulnerable population – low income pregnant, breastfeeding women, infants and children up to five years of age. The potential for WIC's success is based on the premise that access to food is of primary concern for low-income families. With the availability of nutritious foods offered each month, families in need seek out the program. To receive the food vouchers all participants must be certified on the program which includes weighing and measuring every 6 months as well as hemoglobin screenings. Clients are counseled by registered dietitians and nutrition assistants on the current best practices for diet during pregnancy, lactation, infancy and early childhood based on the Academy of Nutrition and Dietetics and the National WIC Association's recommendations. For high risk pregnancies, children with special needs and breastfeeding complications individual counseling is provided by registered dietitians. In between certifications, clients are required to attend additional nutrition education classes on specific topics relevant to their individual needs. Nutrition classes include infant and child nutrition, nutrition during pregnancy, breastfeeding, low-fat cooking, increasing fruits, vegetables and whole grains in the diet. In all, over 90 nutrition education classes are taught each month. Poor nutrition during the first three years can affect brain development resulting in lowered academic achievement, reduced immune function, greater incidence of obesity, diabetes, etc. Research demonstrates that families on WIC are in overall better health, have less dental related Medicaid costs, have less underweight infants and demonstrate a lower prevalence of anemia than low-income children not on WIC. Four and five year-olds whose mothers participated in WIC during pregnancy have better vocabulary test scores than those that didn't receive WIC benefits. WIC positively influences the nutrient intakes of children, dramatically improves Healthy Eating index scores for the household, reduces the risk of child abuse or neglect and WIC participation is associated with increased use of preventative care and improved health status of children.

This program offer relates to the Climate Action Plan for work that supports and promotes the purchase of locally grown, low carbon, sustainable foods purchased at farmer's markets, and as well as providing insight into the acute vulnerabilities faced by this population. CAP specific items include: 14-1, 15-4, 16-1.

### Performance Measures

Measure Type	Primary Measure	Previous Year Actual (FY10-11)	Current Year Purchased (FY11-12)	Current Year Estimate (FY11-12)	Next Year Offer (FY12-13)
Output	Average number of clients served each month	19,206	19,400	19,511	19,500
Outcome	% of mothers initiating breastfeeding on WIC	89.7%	91.0%	89.5%	91.0%
Outcome	Show rate for WIC nutrition education follow-up	66.0%	70.0%	66.0%	68.0%

### Performance Measure - Description

Output: Average number of clients served each month measures the average number of clients receiving WIC food vouchers. Outcome: % of mothers who initiated breast feeding after delivery. Data Source - WIC TWIST system. Outcome: return for education required each six months to continue participation.

## Legal/Contractual Obligation

The Special Supplemental Nutrition Program for Women, Infants and Children is authorized by Section 17 of the Child Nutrition Act of 1966, 42 U.S.C. 1786, as amended through PL105-394, and the regulations promulgated pursuant thereto, 7 CFR Ch. II, Part 246.

## Revenue/Expense Detail

	Proposed General Fund	Proposed Other Funds	Proposed General Fund	Proposed Other Funds
<b>Program Expenses</b>	2012	2012	2013	2013
Personnel	\$912,771	\$2,552,138	\$930,336	\$2,485,888
Materials & Supplies	\$74,781	\$26,500	\$32,131	\$54,012
Internal Services	\$262,084	\$559,339	\$275,939	\$600,931
Total GF/non-GF:	<b>\$1,249,636</b>	<b>\$3,137,977</b>	<b>\$1,238,406</b>	<b>\$3,140,831</b>
Program Total:	<b>\$4,387,613</b>		<b>\$4,379,237</b>	
Program FTE	6.25	34.10	7.69	32.86
<b>Program Revenues</b>				
Indirect for dep't Admin	\$187,501	\$0	\$194,806	\$0
Intergovernmental	\$0	\$3,137,977	\$0	\$3,140,831
<b>Total Revenue:</b>	<b>\$187,501</b>	<b>\$3,137,977</b>	<b>\$194,806</b>	<b>\$3,140,831</b>

## Explanation of Revenues

Women, Infants and Children program's revenue is federal funds included in the intergovernmental revenue agreement between Multnomah County as the Local Public Health Authority (LPHA) and the State of Oregon Public Health Services. WIC is also funded with county general fund. The WIC Program has seen a significant increase in pregnant women requiring WIC services. County general funds assist the WIC Program in meeting the Federal/State funding requirement of scheduling new pregnant women within 10 days of application to the program.

Fed/State WIC grant: \$2,919,032  
Fed/State WIC Breastfeeding/Peer Counselors grant: \$221,799  
County General Fund: \$1,238,406

## Significant Program Changes

**Last year this program was:** #40018, Women, Infants and Children (WIC)  
Several significant Program changes include:

WIC has started a Breast Feeding Peer Counseling Program (BFPC) that enlists pregnant WIC clients to participate in monthly group meetings facilitated by a trained Breast Feeding Peer Counselor. The goal is to have a significant effect on breast feeding duration.

Multnomah County WIC has also opened a new satellite clinic at the Native American Youth Association (NAYA). Native American participation in county health programs has been traditionally very low and this is a wonderful opportunity to build a bridge of access to not only WIC but potentially other maternal and child health programs.