

WIC (WOMEN, INFANTS & CHILDREN)

Provider Notes

WIC is a source of nutrition education, breastfeeding support, and nutritional supplementation for income-eligible women, infants, and children who are at health risk due to inadequate nutrition. WIC is most successful when health practitioners work together and communicate consistent guidance regarding healthy behaviors.

Who is eligible?

Pregnant and breastfeeding women, women who recently had a baby, infants, and children up to 5 years of age, who also:

- Are present at the clinic appointment, and provide proof of identity;
- Are residents of the State of Ohio;
- Are determined by health professionals to be at medical/nutritional risk; and
- Meet income guidelines – 185% of Federal Poverty Income Guidelines

The Benefits for Physicians Who Refer Their Patients to WIC:

WIC provides breastfeeding education, assists with sourcing and usage of breast pumps, nutrition education, and supplemental, highly nutritious foods such as cereal, eggs, milk, whole grain foods, fruits and vegetables, and iron-fortified infant formula, plus referrals to other maternal and child health service programs. Other benefits:

- Improved pregnancy outcomes and length of pregnancy
- Reduced infant mortality by reducing incidence of low birth weight
- Increased infant head circumference (reflecting brain growth)
- Improved nutritional intake of mothers and children
- Improved prenatal care use through referrals

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Many Patients Will Benefit from WIC Services:

- High or low weight children
- High or low rate of infant/child weight gain
- High or low gestational weight gain
- Food-insecure women, infants, children, or families
- Women who need a breast pump or breastfeeding support

WIC Refers Participants to Physicians for:

- 1st trimester prenatal care visits and subsequent, timely visits
- Well baby visits
- Up-to-date immunizations for children
- High or low weight children
- Low hemoglobin follow-up

Connect patients to a local WIC clinic:

State Phone # 1-800-755-GROW (4769)

WIC clinics are located in all 88 Ohio counties

Please visit <https://www.odh.ohio.gov/odhprograms/ns/wicn/weligible.aspx> for more information on eligibility, income guidelines, and access to the WIC program application.

View the WIC food package at <http://www.fns.usda.gov/wic/wic-food-packages-maximum-monthly-allowances>.

To find additional food resources in your community, go to: <http://ohioaap.org/FoodInsecurityResources/>