

HOW WIC HELPS TEXAS



State WIC Director

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Mission of WIC

Assuring healthy pregnancies, birth outcomes, growth and development for mothers, babies, and young children to age 5 who are at nutritional risk. Providing nutritious supplemental foods, breastfeeding promotion and support, education on healthy eating, and referrals to healthcare and critical social services.



47%

OF INFANTS BORN IN TEXAS PARTICIPATE IN WIC



50%

OF ELIGIBLE INDIVIDUALS IN TEXAS PARTICIPATE IN WIC

WHO PARTICIPATES IN WIC IN TEXAS?

762,816
WIC PARTICIPANTS

Pregnant women.....	66,515
Breastfeeding women.....	109,026
Postpartum women.....	32,588
Infants.....	183,796
Children.....	370,892

BREASTFEEDING IN WIC

Texas WIC breastfeeding initiation rates increased by **12 percent** between 2010 and 2018.



Fruit and Vegetable Benefit: Congress enhanced WIC's fruit and vegetable benefit to align with scientific recommendations. Current monthly benefit amounts are \$26 for children, \$47 for pregnant and postpartum participants, and \$52 for breastfeeding participants. In FY 2023, WIC provided an estimated **\$227.7M** in fruit and vegetable benefits to **579,021** participants in Texas.

CHILDHOOD OBESITY IN WIC IN TEXAS

The obesity rate among WIC toddlers in Texas decreased **6 percent** between 2010 and 2020.

Childhood obesity rate, WIC toddlers, 2020..... **16%**

MORTALITY AND BIRTH OUTCOMES IN TEXAS

Maternal mortality per 100,000 births, 2017-2021... **27.0**

Infant mortality per 1,000 live births, 2021..... **5.3**

Preterm birth rate, 2021..... **11%**

TEXAS WIC PARTICIPANT CHARACTERISTICS

\$25,308

AVERAGE FAMILY INCOME

68%

RECEIVED MEDICAID

\$46.07

AVERAGE MONTHLY FOOD COST IN FY 2023

HOW WIC SUPPORTED THE TEXAS ECONOMY IN FY 2023

\$421.7M

TO SPEND AT FOOD RETAILERS

\$208.9M

FORMULA REBATES RECEIVED

\$253.7M

NUTRITION, BREASTFEEDING SERVICES & ADMIN

Sources: WIC eligible individuals participating from USDA WIC Eligibility Estimates report for 2021 (<https://www.fns.usda.gov/wic/eligibility-and-program-reach-estimates-2021>). WIC participants and economic impact from USDA WIC Data Tables for fiscal year (FY) 2023 (<https://www.fns.usda.gov/pd/wic-program>) as of January 30, 2024. Participant characteristics for 2020 and WIC breastfeeding and rates for years displayed from USDA WIC Participant and Program Characteristics reports (<https://www.fns.usda.gov/wic/participant-program-characteristics-2020>). WIC fruit and vegetable benefit calculated as the sum of FY 2023 issuance rates multiplied by average participation rates for each participant category from USDA WIC Data Tables. Maternal mortality from America's Health Rankings (https://www.americashealthrankings.org/explore/measures/maternal_mortality_c). Infant mortality and preterm birth rate from CDC (https://www.cdc.gov/nchs/pressroom/stats_of_the_states.htm). Obesity outcomes from CDC (<https://www.cdc.gov/obesity/data/obesity-among-WIC-enrolled-young-children>).