

# HOW WIC HELPS

# THE WINNEBAGO TRIBE



## State WIC Director

Benita Payer  
117 S. Bluff St  
Winnebago, NE 68071

402.878.2499  
Benita.payer@wchs.health

### 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.



# 40%

OF INFANTS BORN IN THE UNITED STATES PARTICIPATE IN WIC



# 51%

OF ELIGIBLE INDIVIDUALS IN THE UNITED STATES PARTICIPATE IN WIC

## WHO PARTICIPATES IN WIC IN THE WINNEBAGO TRIBE?

# 125

### WIC PARTICIPANTS

Women..... 26

Infants..... 38

Children..... 61

## BREASTFEEDING IN WIC

# 52%

of WIC infants in the Winnebago Tribe initiated breastfeeding in 2020.



**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 **\$32,464** in fruit and vegetable benefits to **87** participants in the Winnebago Tribe.

## THE WINNEBAGO TRIBE WIC PARTICIPANT CHARACTERISTICS

# \$7,657

AVERAGE FAMILY INCOME

# 25%

RECEIVED MEDICAID

# \$73.87

AVERAGE MONTHLY FOOD COST IN FY 2023

## HOW WIC SUPPORTED THE WINNEBAGO TRIBE ECONOMY IN FY 2023

# \$111,104

TO SPEND AT FOOD RETAILERS

# \$249,302

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](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](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>).