

Department: Health Department **Program Contact:** David Brown
Program Offer Type: Existing Operating Program **Program Offer Stage:** As Adopted
Related Programs:
Program Characteristics:

Executive Summary

The Women, Infants and Children Program (WIC) serves more than 17,000 lower-income pregnant, post-partum and breastfeeding women, infants and children (under age five) per month who have health or nutrition risks. WIC provides individual growth and health assessments, education on nutrition and physical activity, WIC vouchers to purchase nutritious food, farmer's market coupons, breastfeeding education and support and referrals to other preventive health and support services. This offer also includes the Breastfeeding Peer Counseling program.

Program Summary

The mandate of the Women, Infants, and Children Program (WIC) is to provide food, nutrition education, growth monitoring, and support services to Multnomah County's most vulnerable population: low-income pregnant or breastfeeding women, and their infants and children up to five years of age. In addition to 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 Nutrition Assistants on the current best practices for diet during pregnancy, lactation, infancy, and early childhood. Registered Dietitians counsel higher risk clients.

Poor nutrition during the first three years of life can affect brain development resulting in lowered academic achievement, reduced immune function, greater incidence of obesity, diabetes, and more. 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 participation positively influences the nutrient intake of children, dramatically improves Healthy Eating index scores for the household, reduces the risk of child abuse or neglect, and is associated with increased use of preventative care and improved health status of children.

The WIC Program acts as a core referral center for other health and social services and has been key in getting more families enrolled for Medicaid and insurance. WIC operates the Breastfeeding Peer Counseling Program, which provides breastfeeding support pre and postnatally and maintains a caseload of over 600 prenatal clients. Since its inception, breastfeeding rates in Multnomah County have increased 1% per year. WIC served over 30,000 clients last year and provided access to other support services including prenatal and other medical care, immunizations, Head Start, housing and day care assistance, social services, and more. WIC's emphasis on prenatal health and early childhood helps the County support health over the life course and address disparities experienced by low-income families of color.

Performance Measures

Measure Type	Primary Measure	FY14 Actual	FY15 Purchased	FY15 Estimate	FY16 Offer
Output	Average number of clients served each month	18,874	19,000	17,500	17,000
Outcome	% of mothers initiating breastfeeding on WIC	91%	89%	92%	92%
Outcome	Show rate for WIC group nutrition education follow-up	60.5%	69%	57%	59%
Outcome	Children at risk of anemia (2-5 year olds)	13.8	13.0%	15%	15%

Performance Measures Descriptions

1) Output: Average number of clients served each month measures the average number of clients receiving WIC food vouchers. 2) Outcome: % of mothers who initiated breast feeding after delivery. 3) Outcome: return for education required each six months to continue participation. 4) Outcome: children with lower than recommended hemoglobin levels. Anemia/low hemoglobin reduces the ability for children to learn.

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
Program Expenses	2015	2015	2016	2016
Personnel	\$784,665	\$2,648,483	\$760,527	\$2,813,716
Contractual Services	\$3,950	\$17,675	\$0	\$8,800
Materials & Supplies	\$63,336	\$33,989	\$67,194	\$28,547
Internal Services	\$624,916	\$374,075	\$681,957	\$331,560
Total GF/non-GF	\$1,476,867	\$3,074,222	\$1,509,678	\$3,182,623
Program Total:	\$4,551,089		\$4,692,301	
Program FTE	6.71	34.05	9.80	33.05

Program Revenues				
Indirect for Dept. Admin	\$209,389	\$0	\$191,342	\$0
Intergovernmental	\$0	\$3,074,222	\$0	\$3,182,623
Total Revenue	\$209,389	\$3,074,222	\$191,342	\$3,182,623

Explanation of Revenues

The 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. 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.

State WIC grant: \$2,960,824

Breast Feeding Peer Counselor grant: \$221,799

Significant Program Changes

Last Year this program was: FY 2015: 40018 Women, Infants and Children (WIC)