



HOW WIC HELPS THE NAVAJO NATION

MISSION OF WIC

To assure healthy pregnancies, healthy birth outcomes and healthy growth and development for women, infants and children up to age 5 who are at nutritional risk, by providing nutritious supplemental foods, breastfeeding promotion and support, education on healthy eating, and referrals to healthcare and critical social services.

FUN FACTS

NAVAJO NATION WIC IS TRANSITIONING FROM MANUAL ISSUANCE OF BENEFITS CHECKS TO AN EBT SYSTEM STARTING FEBRUARY 26, 2018.

NAVAJO NATION WIC REVISED ITS MASTER PLAN OF OPERATION TO BECOME MORE ALIGNED WITH THE 2014 DESIGNATION OF NAVAJO DIVISION OF HEALTH TO A NAVAJO DEPARTMENT OF HEALTH. NNWIC WILL BE STRUCTURING THE DEPARTMENT AS A PUBLIC HEALTH SERVICES UNITS.

FROM OUR PARTICIPANTS

"If I didn't have WIC, I don't know how I would feed my baby, I am so grateful for the support I receive from being on WIC."

"WIC helps us provide good nutritious foods to our children, we choose good foods to better our health and nutrition education provided to us, our family eats healthier now since we get fruits, veggies, milk and all WIC foods. Thank you to WIC."

WIC PARTICIPANT, NAVAJO NATION

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WHO PARTICIPATES IN WIC?

Navajo Nation WIC Participation
FY 2017

Pregnant Women	648
Fully Breastfeeding Women	309
Total Breastfeeding Women	638
Postpartum Women	304
Infants	1,570
Children	4,716
Total	7,876
Coverage (% eligible)	NA

Sources: USDA FNS WIC Program Data FY2017 <https://www.fns.usda.gov/pd/wic-program>; U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support. National- and State-Level Estimates of (WIC) Eligibles and Program Reach in 2015. Note: The number of Fully Breastfeeding Women is included in the number of Total Breastfeeding Women.

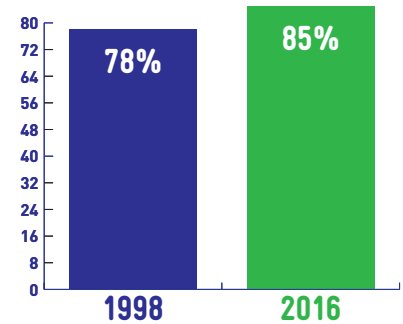
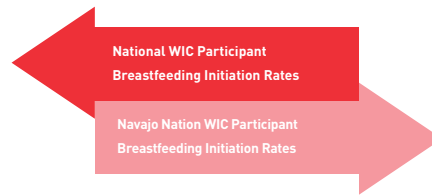
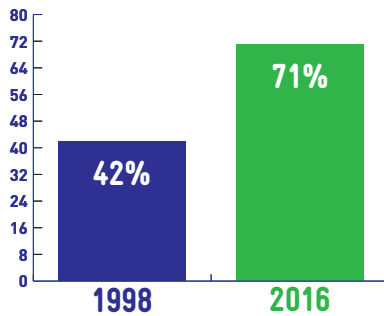
WIC IS EFFICIENT

Navajo Nation Food and Nutrition Services Benefits FY 2017

Average monthly food value per participant	\$45.83
Net federal food cost	\$4,331,442
Competitive bidding savings	\$1,215,722
Nutrition, client services, and program management	\$3,242,504
Total funds to state	\$8,789,668

Source: USDA FNS WIC Program Data FY2017 <https://www.fns.usda.gov/pd/wic-program>

BREASTFEEDING



Source: USDA 2016 WIC Participant and Program Characteristics (PC) Report. PC data allows for standardized comparisons to demonstrate overall progress. Some states collect more data than required by the PC Report and may yield different and more current results than shown.

EBT STATUS

Navajo Nation has implemented WIC EBT/eWIC statewide. All state WIC programs must transition from paper vouchers to electronic benefit transfer cards (EBT) by 2020.

WIC SUPPORTS MILITARY FAMILIES

"I would tell everybody WIC is a good program. I had never heard of WIC while I was pregnant. I was military and was under the impression that maybe I made too much money or it was something for really underprivileged people. It's not that type of program at all. I was just glad when I heard about it. They give you information on nutrition for your baby and for yourself when you're pregnant which is a very important thing. Every little bit helps. When you go to WIC and they say eat this, this is good for your baby, so you know. I'm just glad I've heard about it now, so if I ever get pregnant again, I know." - Military Mom

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