ROLE OF THE WIC PROGRAM

With firm commitment to safeguarding and advancing the nutrition status and health of mothers and children and to promoting breastfeeding in the U.S., the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) works within each state to improve healthcare access for low and moderate income women and children with, or at risk of developing, nutrition-related health problems, including obesity and type 2 diabetes. WIC provides nutrition education and healthy foods enabling families to make lifelong healthy eating and lifestyle choices. The foods in the WIC food packages are specifically selected for their nutritional value to supplement the dietary needs of participants to ensure good health, growth and development. See how WIC impacts the people of the Commonwealth of the Northern Mariana Islands.

Average Commonwealth of the Northern Mariana Islands Monthly WIC Participation October 2013 – September 2014 FY 2014

<table>
<thead>
<tr>
<th>Category</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnant Women</td>
<td>295</td>
</tr>
<tr>
<td>Breastfeeding Women</td>
<td>244</td>
</tr>
<tr>
<td>Postpartum Women</td>
<td>173</td>
</tr>
<tr>
<td>Infants</td>
<td>662</td>
</tr>
<tr>
<td>Children</td>
<td>2,420</td>
</tr>
<tr>
<td>Total Participation</td>
<td>3,795</td>
</tr>
</tbody>
</table>

Commonwealth of the Northern Mariana Islands WIC Food and Services Benefits October 2013 – September 2014 FY 2014

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Food Benefit Value Per Participant (monthly)</td>
<td>$70.01</td>
</tr>
<tr>
<td>Total Food Benefit Spent in State (Food + Rebate)</td>
<td>$3,946,368</td>
</tr>
<tr>
<td>Manufacturer Cost Containment Rebate</td>
<td>($698,890)</td>
</tr>
<tr>
<td>Net Federal Food Cost</td>
<td>$3,247,478</td>
</tr>
<tr>
<td>Nutrition Service Benefits</td>
<td>$1,023,596</td>
</tr>
</tbody>
</table>

The WIC Funding for FY 2014 graph illustrates Food Costs and the allocation of Nutrition Services Benefits in the Commonwealth of the Northern Mariana Islands:

- Food (pre-rebate): 77.32%
- Nutrition Education: 3.01%
- Other Client Services: 4.03%
- Program Management (Admin): 15.65%
WIC PROMOTES HEALTH AND HEALTHCARE SAVINGS

HEALTHY EATING
WIC provides nutrition education and healthy foods to help families make healthy choices. The WIC food package includes fruits, vegetables, low-fat dairy, and whole grains. The food package helps combat food insecurity, and contributes to healthy diets which aid in reducing obesity and chronic disease.

WIC helps families combat food insecurity and nutrition-related health problems including obesity and type 2 diabetes.

BREASTFEEDING
Research shows that breastfeeding provides numerous health benefits to both the mother and her baby, helping to reduce healthcare costs. Breastfeeding lowers a child’s risk of obesity, type 2 diabetes, and asthma. WIC is the largest public breastfeeding promotion program in the nation, providing mothers with education and support.

Breastfeeding Services Counselor
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T: 670-664-4067
F: 670-664-4069
E: erinc@cnmiwic.org

Commonwealth of the Northern Mariana Islands is currently partnering with the state of Arizona and is in the WIC EBT planning phase.

PROGRAM INTEGRITY
Participants and retail vendors will experience easier benefit access and delivery as WIC aims to implement Electronic Benefit Transfer (EBT) nationwide by 2020. EBT helps reduce opportunities for vendor food cost price fraud and abuse.

Commonwealth of Northern Mariana Islands WIC Participant Breastfeeding Rates

National WIC Participant Breastfeeding Rates

<table>
<thead>
<tr>
<th>Year</th>
<th>1998</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>42%</td>
<td>70%</td>
</tr>
</tbody>
</table>

Commonwealth of Northern Mariana Islands

<table>
<thead>
<tr>
<th>Year</th>
<th>2010</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>63%</td>
<td>66%</td>
</tr>
</tbody>
</table>

Source: USDA 2012 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.


For further information visit nwica.org