

# WIC Helps Mothers Give Birth to Healthier Infants and Reduces Infant Mortality

WIC — the Special Supplemental Nutrition Program for Women, Infants, and Children — provides nutritious foods, nutrition education, breastfeeding support, and referrals to health care and social services for millions of low-income families. Extensive research shows that participating in WIC leads to healthier babies, more nutritious diets and better health care for children, and higher academic achievement for students.



## ▶ HEALTHIER BABIES

Babies born early or with low birth weight are at higher risk of early death, cognitive and developmental delays, disabilities, and chronic disease.

WIC supports healthier pregnancies and births by providing the nutritious foods pregnant women and their babies need, referring mothers for essential medical

care, and encouraging them to adopt healthy behaviors (such as not smoking during pregnancy).



New research shows that **participating in WIC substantially reduces the risk of adverse birth outcomes** (see chart).

## ▶ LOWER INFANT MORTALITY

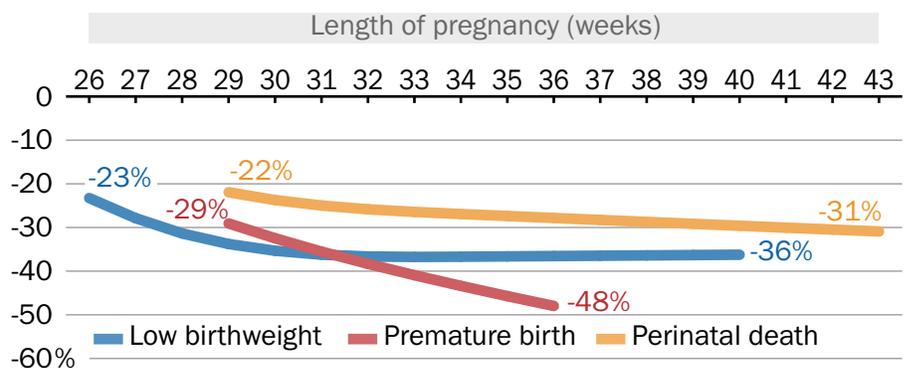
Infant mortality takes a serious toll on the health and well-being of many families.

WIC reduces the risk of infant mortality by connecting expectant mothers to prenatal health care, promoting healthy eating through nutrition assessments and counseling, and providing healthy foods tailored to their specific needs.

Studies suggest a link between prenatal WIC participation and lower infant mortality.

Recent studies in Ohio and Kansas, for example, found a **lower infant mortality rate among WIC participants than non-participants**; the gains were especially striking for African Americans.

Percent reduction in risk of adverse birth outcomes



For more information, visit:  
[www.cbpp.org/wicworks](http://www.cbpp.org/wicworks)

