

# Benefits of the WIC Program on Diet Quality and Growth and Development

## 1. Improved diet quality

- a. Those who received WIC during their first 2 years of life had improved diet quality compared to those who were eligible for WIC but stopped participating
  - i. Higher consumption of greens and beans
  - ii. Decreased intake of saturated fats

**Source:** Longer Participation in WIC is Associated with Better Diet Quality in 24-month-old children

- b. Children who were receiving WIC consumed more (compared to those who were eligible for WIC but not receiving WIC):
  - i. Vegetables: 60.4% compared to 42.3%
  - ii. Grains: 85.5% compared to 76.5% ( $p < .05$ )

**Source:** Food and Beverage Intake from 12 to 23 Months by WIC Status

## 2. Improvement in health outcomes

- a. Decreased levels of anemia
- b. Decreased failure to thrive
- c. Improved nutritional deficiencies

**Source:** Effects of WIC and Food Stamp Program Participation on Child Outcomes

## 3. Growth and Development

- a. Reduces risk of abuse and neglect

**Source:** Effects of WIC and Food Stamp Program Participation on Child Outcomes

- b. Contributes to overall diet of children
  - i. At 13 months, 44% of calories came from WIC-eligible foods
  - ii. Contributed 57% of daily vitamin A; 59% of daily vitamin D; 54% of calcium; 52% of potassium; 48% of magnesium; and 46% of dietary fiber

**Source:** Contribution of WIC-Eligible Foods to the Overall Diet of 13- and 24-Month Old Toddlers in the WIC Infant and Toddler Feeding Practices Study-2