

NEWS RELEASE

For Immediate Release:
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WIC Program Seeks Public Input on State Plan

BISMARCK, N.D.—The North Dakota Department of Health invites the public to provide comment for the development of the 2016 State Plan of Program Operation and Administration for the North Dakota Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

North Dakota's WIC plan will address goals and objectives in nutrition services (such as reducing childhood obesity), breastfeeding promotion and support, food delivery and administration (including the WIC information system and efforts to move food benefits from a check to a card). Comments will be accepted by Friday, July 22, 2016, and can be directed to: Colleen Pearce, MPH, LN; Director, Nutrition and Physical Activity; North Dakota Department of Health; 600 East Boulevard Ave, Dept. 301; Bismarck, ND 58505-0200.

Funded by the U.S. Department of Agriculture, the WIC Program has improved children's health, growth and development, and prevented health problems for over 40 years. WIC benefits include quality nutrition and breastfeeding education; access to monthly foods rich in calcium, iron and protein to help bolster the health of pregnant, postpartum and breastfeeding women, babies, and children younger than 5 years. WIC foods are designed to fit the nutrition needs of each WIC participant and include only milk, eggs, cheese, peanut butter, 100 percent fruit juice, beans, whole grains and cereals, and fresh fruits and vegetables. WIC supports breastfeeding as the optimal way to feed infants, but infants who are not breastfed receive iron-fortified formula and older infants also receive baby food.

To qualify for WIC, families must reside in North Dakota, meet the income requirements, and have a nutritional or medical need for WIC services (such as anemia or inadequate diet). Need is determined by measuring the child's or woman's height and weight, performing a hemoglobin test, and taking a health and dietary history. To find out if you qualify, contact the WIC agency in your community or refer to the WIC web page at www.ndhealth.gov/wic.

For more information, contact Colleen Pearce, North Dakota Department of Health, at 701.328.2496.

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