



Women, Infants, and Children (WIC)

Interview with **Melissa Polkovitz IBCLC**, NM WIC Regional Coordinator



Tiffany Robinson RD LD, *LEND fellow, UNMH Nutrition graduate student*

Mission

The mission of the New Mexico WIC program is to improve health outcomes and quality of life for eligible Women, Infants, and Children by providing nutritious food, nutrition education, nursing (breastfeeding) promotion and support, and referrals to health and other services.

Vision

The vision of the New Mexico WIC program is to have a major impact on improving health outcomes for participants, be recognized as a national leader, and achieve excellent satisfaction as viewed by the participants and the general public.



Goals

- Improve health outcomes
- Improve nutrition education
- Promote and support breastfeeding
- Create contacts with other community health providers through referrals
- Health Equity



Who does WIC serve?

Low-income pregnant, postpartum and nursing women, infants, and children up to age 5 years with nutritional risk.

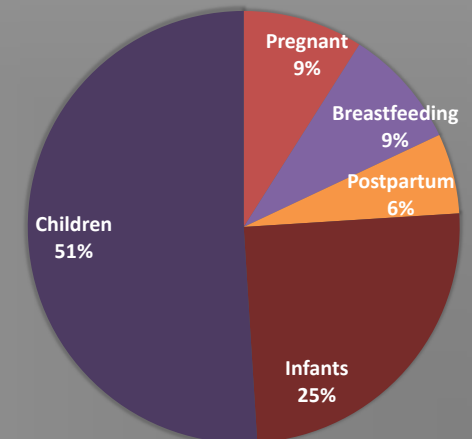
Eligibility

- Live in the state of New Mexico
- Include one or more of these individuals:
 - A person who is currently pregnant
 - A person who is nursing (breastfeeding) a baby under one year of age
 - A person who had a baby or was pregnant in the last six months
 - A baby who is less than one year old
 - A child who is less than five years old
- Meet income guidelines for the number of family members (185% federal poverty level)
 - Eligibility for Medicaid, SNAP (Supplemental Food Assistance Program), TANF (Temporary Assistance for Needy Families), and/or FDPIR (Food Distribution Programs on Indian Reservations) could mean that your family already meets WIC income guidelines.

Important to know

- Funded under the USDA by the House Agricultural Appropriations bill.
- WIC is only supplemental – max of 9 cans of formula per month.
- Children can get formula and food benefits at 9-10 months (purees at 6 months).
- Doctors can write prescription for formula after 12 months of age.
- No wait list!
- No cost for services provided!
- Participants can get some formula same day.
- Physical presence for mom and child required at initial & 6 month check in (waived during COVID).
- Program evaluations – Peer review once per year and state audits quarterly.

WIC PARTICIPANTS BY TYPE



Typical caseload in 2019: 39,000