

WIC Services

FACT SHEET

DID YOU KNOW?

The WIC mobile outreach van visits 17 locations throughout Davidson County to provide WIC services.

WIC Bedside Service is provided at 4 area hospitals

In 2011:

- 9,601 births in Davidson County
- 5,130 infants participated in the WIC program
- 53% of infants born in 2011 received WIC services in Davidson County

About WIC

Women Infant and Children (WIC) is a national, mission-driven preventive public health nutrition program serving over 31,000 Nashville residents in 2013. As the nation's premier public health nutrition program, WIC is cost-effective, sound investment- insuring the health of our children. WIC achieves the goals for good health and nutrition for families. It is designed to influence lifetime nutrition and health behaviors in a targeted, high-risk populations. WIC is effective, efficient and entrepreneurial providing significant returns on investment

Participation in WIC results in overall positive health outcomes for participants. WIC provides significant health care cost savings by improving breastfeeding rates, birth outcomes, and other health outcomes.

About WIC Prenatal and Postnatal Care

- Nutrition education and supplemental food packages help ensure pregnant women receive necessary nutrients for a healthy pregnancy such as iron, protein, calcium and Vitamins A and C.
- Prenatal screenings examine participant weight, hemoglobin level, medical history and dietary intake to determine nutrition and health risks.
- Referrals to services that improve prenatal and maternal health, specifically smoking cessation, substance abuse counseling, dental care, and other critical health services.
- Children who participate in WIC are more likely to receive regular preventative health care and have increased diagnosis and treatments of childhood illnesses, such as otitis media, gastroenteritis, upper and lower respiratory infections and asthma

About WIC Lactation Services

WIC promotes breastfeeding as the optimal infant feeding choice.

Breastfed infants have a reduced risk of infections, asthma, obesity and SIDS compared with formula fed infants. Breastfeeding has been shown to reduce the risk for developing obesity later in childhood. It's estimated that \$13 billion would be saved per year if 90% of U.S. infants were breastfed exclusively for six months

In 2012, survey data indicated that 67% of WIC infants ages 6-13 months were breastfed

The WIC Program provides:

- Breastfeeding Peer Counselors
- Lactation Consultants
- Breastfeeding Classes
- Breastfeeding Educational Materials



WIC Services

FACT SHEET

NEW FEATURES

10 nurse exam rooms

Allows more clients to obtain services in an efficient manner

Nurse work station

Ability to see all exam rooms from a central location

SMART TVs in each exam room

Ability to provide tailored patient education

Procedure boards in each room

Conveniently placed standard medical equipment in each room: blood pressure cuff, otoscope, thermometer, ophthalmoscope

Demonstration Kitchen

Conveniently located on the first level, this will be a place to learn about preparing healthy meals and snack options

About WIC Services

- Quality nutrition education and services
- Breastfeeding promotion and education
- Monthly food prescription (package)
- Referrals to improved access to social services

About WIC Requirements

To participate in WIC Services an individual's income level must be less than or equal to 185% of the poverty level and have at least one nutrition risk documented.

About Effects of WIC Participants

- Assure infant's and children's normal growth
- Reduces levels of anemia
- Increases immunization rates
- Improves access to regular health care/social services and improves diets
- Interventions can help improve healthful behaviors that are linked to reducing early childhood obesity
- Participation helps reduce household food insecurity
- Participation significantly increases the Healthy Eating Index scores of households
- WIC children at ages 1 to 2 have less dental related Medicaid costs compared to children who do not participate in WIC
- WIC nutrition education leads to an increased consumption of whole grains, fruits and lower fat milk
- Participation in WIC reduces the risk of child abuse or neglect

WIC Clinic Locations

Lentz Public Health Center

2500 Charlotte Ave.
615-340-5619

Woodbine Public Health Center

224 Oriel Ave.
615-880-2299

East Nashville Public Health Center

1015 East Trinity Lane
615-862-6626

South Nutrition WIC Center

3718 Nolensville Pike
615-880-3210



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.