LAWRENCE-DOUGLAS COUNTY
Health Department

Program	Program Supervisor	FTE's Assigned
Special Supplemental Nutrition Program for Women Infants and Children (WIC)	Gayle Sherman BS, RD, LD	5.3

Program Description

WIC is a nutrition program for low-income women who are pregnant, breastfeeding or have recently had a baby; infants; and children less than 5 years of age. WIC provides nutrition counseling, breastfeeding counseling, health and immunization screenings and on average $78 per person per month for the purchase of approved foods.

Program Goals

To safeguard the health of low-income women, infants and children who are at nutrition risk in order to:

- Reduce the incidence of low birth weight.
- Reduce iron deficiency anemia.
- Promote optimum growth and development.
- Reduce the incidence of obesity by encouraging healthy eating and increased physical activity.

2006 Program Assessment

Caseload 1,607

	Lawrence	Douglas County	Kansas
Total dollar amount of food assistance spent	$701,769	$752,045	N/A
Low birth weight rate[1]		7%[2]	6%[2]
Childhood anemia rate[1]		11%	7%
Obesity rate for children 2-5 years of age[1]		7%	8%

1- WIC client data for August 2007. *2 - General population rate for Douglas County-6.4%, Kansas-7.2%.*

Funding Sources

- ☐ Fees
- ☒ Grants
- ☒ Local
- ☐ Other:

Partner Agencies

KSU Extension Service, Douglas County grocery stores, CHIP, Head Start, Parents as Teachers programs. KDHE, U.S.D.A. Douglas County medical community, Tiny-K Early Intervention Services, Lawrence Memorial Hospital, Breastfeeding Action Team.

2006 Program Expenditures

$202,473

City-County Service Distribution

86% of WIC clients live in Lawrence, 93% of WIC food dollars are spent in Lawrence.

Program Impact Story

WIC helps many families who may be struggling to make ends meet. Our clients are often young women trying to support their families working at low paying jobs. Some may not qualify for services such as Food Stamps because they make "too much money." For these families WIC can be an income safety net by providing some of the foods children need for a healthy diet as well as a source of sound nutrition advice.

Alicia is one of these women. She has 2 children under the age of 5 and is working at a fast food restaurant. Alicia's partner left shortly after the birth of their second child and the responsibility of having a family became too overwhelming. Alicia was left with no support-financial or emotional.

When Alicia came to WIC she was going into debt and had tried other social service agencies but for one reason or another did not qualify for assistance. With WIC's help she was able to provide food for her family and maintain her dignity. WIC also referred her to other community resources and a support group for young moms. Alicia is grateful that WIC was there, "they helped me when no one else would."

Name has been changed