Reducing WIC Administrative Burdens to Promote Health Equity

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In 2021, more than 12% of children in the United States lived in households experiencing food insecurity, with limited access to adequate nutrition. Food insecurity has been associated with adverse pregnancy and birth outcomes and adverse cognitive, socioemotional, and developmental outcomes in young children. One important but underused source of nutritional support for low-income children and families experiencing food insecurity is the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). WIC can mitigate health risks associated with food insecurity by providing food assistance, nutrition education, and referrals to other support services for low-income pregnant and postpartum people and children up to age 5 years. Benefits of WIC participation include reductions in food insecurity and improved outcomes in birth, overall health, and education.

Journal:

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