



North Carolina WIC Update

The Special Supplemental Nutrition Program for Women, Infants, and Children

Winter 2022, Volume 3

WHAT DOES WIC PROVIDE?



Healthy Food



Breastfeeding Support



Nutrition Education



Health Checks & Referrals



WHO IS WIC FOR?

WIC Serves pregnant, postpartum and breastfeeding women, infants and children under age 5.

Other eligibility requirements include NC residence, income and nutrition risk.

Visit www.ncdhhs.gov/ncwic/mywic for more information on WIC eligibility.

WIC Benefit Spotlight:

Nutrition Education

The WIC program provides nutrition education to families at no cost, one of the four pillars of the program. Nutrition education in WIC aims to:

- Teach about the relationship between nutrition, physical activity, and health.
- Improve eating and physical activity behaviors.
- Promote the use of WIC supplemental foods to address individual nutrition risk factors.



Participants receive nutrition education during the application and certification process for WIC and then at subsequent appointments throughout the year. Families receive participant-centered education that is relevant to their age, nutritional needs, cultural preferences and interests. Multiple nutrition topics are covered to positively impact health and nutrition status.

North Carolina WIC Online Referral Form

Did you know?

The North Carolina WIC Program has an online referral form. Health care providers and other community partners can use the form to refer families to WIC. In addition, WIC applicants can self-refer using the form. The referral form is available via this link: [NC WIC Online Referral Form](#)

Once the online referral form is submitted, the WIC clinic chosen on the form will contact the family within 20 days, often sooner. The number of online referrals increased during the pandemic and has remained steady. In September 2022, North Carolina WIC received over 1,000 online referrals. The most common sources of referrals are physician's offices and other health care providers, family members and friends.

Healthy parents.
Healthy baby.



Get your flu shot.



Flu Vaccine Reminder!

With flu season well under way, it's a great time to remind families to get a flu vaccine. An annual flu vaccine is recommended for all people 6 months of age and older. To protect infants under 6 months of age who are not eligible for the flu vaccine, make sure all people who live with or care for them are vaccinated.

Consider these facts:

- **Certain groups are at higher risk for serious illness from flu**, including **children younger than five, pregnant women**, people over 65, and those with certain chronic medical conditions such as heart or lung disease.
- **Studies have shown that vaccines reduce the risk of flu-associated deaths by half in children with high-risk medical conditions and by two-thirds in healthy children.**
- **Vaccination can also make illness milder for those who do get the flu.**

To learn more about the flu and where you can find a vaccination location, please visit www.myspot.nc.gov/flu.

We invite you to help spread the word about WIC! If you would like to order NC WIC outreach materials for distribution in your area, please submit the order form available via the link below:

[WIC Outreach Materials Order Form](#)

We hope that these materials will be useful in referring potentially eligible participants to the NC WIC Program.

For more information, visit our NC WIC website: www.ncdhhs.gov/ncwic

