



EARLY CHILDHOOD NUTRITION PROGRAMS PROMOTE CHILD HEALTH AND BRAIN DEVELOPMENT

The Supplemental Nutrition Program for Women, Infants and Children (WIC)
The Child and Adult Care Food Program (CACFP)



PARTICIPATION IN WIC HAS A POWERFUL EFFECT ON THE HEALTH AND DEVELOPMENT OF YOUNG CHILDREN

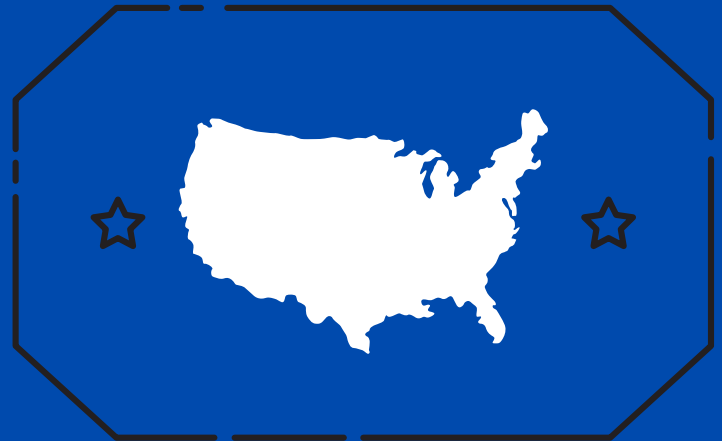
Children's HealthWatch has found that children who receive WIC, compared to those who do not are more likely to:

- Be in excellent or good health
- Be food secure
- Have lower risk of developmental delays
- Have a healthy weight for their age

WIC IS A SOUND INVESTMENT IN OUR NATION'S FUTURE

WIC is cost-effective:

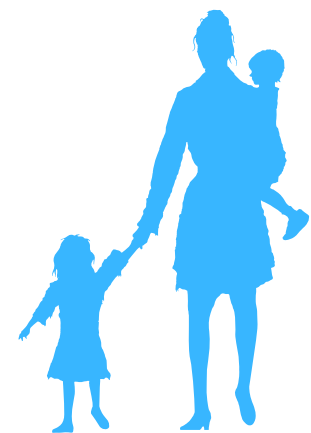
Every \$1.00 spend on WIC results in savings of between \$1.77 and \$3.13 in health care costs. The cost savings are due in part to WIC's effectiveness in reducing low birth weight and improving rates of childhood immunization. Given the tight schedule of young children's brain development, timely availability of adequate nutrition is essential.



THE CHILD AND ADULT CARE FOOD PROGRAM (CACFP) IMPROVES CHILD HEALTH

Children's HealthWatch research showed that, compared to those who were not, children participating in CACFP, and who received meals supplied by their child care provider were

- 28% less likely to be in poor health
- 26% less likely to be hospitalized
- More likely to have a health weight and height for their age



Doctor Approved Policy Recommendations

- Extend WIC age eligibility through six years of age
- Reduce barriers and increase access to WIC and CACFP
- Increase reimbursements of CACFP



FOR ADDITIONAL INFORMATION PLEASE CONTACT

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