

2024 Meigs County WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM Overview

The WIC Program serves income eligible pregnant, breastfeeding, and postpartum women, infants, and children up to age five who are at risk due to inadequate nutrition, health care, or both. Funding comes from the US Department of Agriculture (an equal opportunity provider and employer) through the Ohio Department of Health (ODH) to the Meigs County Health Dept. (MCHD). The funders' goal in releasing monies for the WIC Program is to protect and improve the health status and prevent health problems and promote good health within this population. This is accomplished through provision of a health and diet screening; individual and group nutrition education sessions; breastfeeding education and support; referral to prenatal and pediatric health care and other maternal and child health and human services programs; and provision of supplemental, highly nutritious foods.

In 2024, the MCHD WIC Program served an average of 384 income eligible participants as of the Close-Out Report including:

- 29 Pregnant Women
- 16 Exclusively Breastfeeding Women
- 8 Partially Breastfeeding Women
- 43 Post-Partum Women
- 16 Exclusively Breastfed Infants
- 2 Partially Breastfed Infants
- 73 Other Infants ages 0 to 12 Months
- 197 Total Children ages 1 to 5 years

The MCHD WIC Program provided 50 participants with (4) \$5.00 vouchers in conjunction with regular benefits to purchase fresh fruits and vegetables at any Ohio Farmers Market

MCHD WIC Staff attended the Meigs County Farmers' Market and also participated in breastfeeding outreach activities including, but not limited to, hospital visits with new mothers and babies.

Meanwhile, the MCHD hosts an on-site kiosk that was installed in 2024 to allow residents to apply for Home Visiting and Early Intervention Services through Help Me Grow. WIC Staff are available to provide assistance, if needed.

For further information or to see if you or anyone you may know qualifies for WIC, please call the MCHD WIC office at 740-992-0392 Monday – Friday from 8AM-noon and 1-4PM.

Sherry Eagle



MCHD WIC Director