

WIC INFANT AND TODDLER FEEDING PRACTICES STUDY 2 THIRD YEAR REPORT

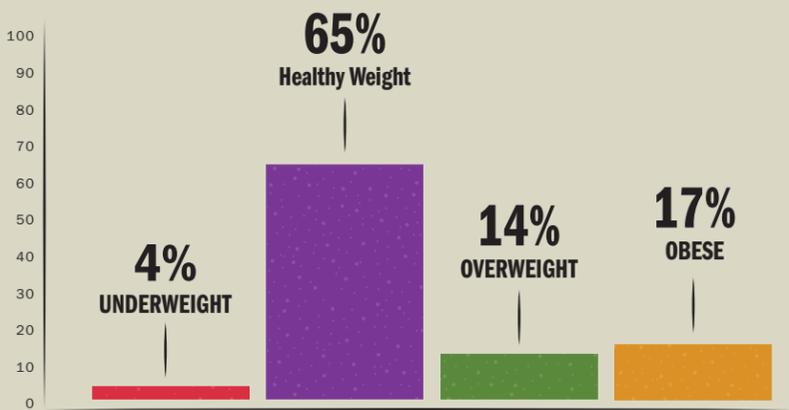
CHILDREN'S DIET QUALITY

61.4 was the average diet quality score¹ at 3 years old, compared to 60.5 at 2 years old.



CHILDREN'S WEIGHT

2 in 3 children who received WIC have a healthy weight status at age 3 years.



WIC EDUCATIONAL IMPACT

68% of mothers report they improved the way they feed their families as a result of WIC nutrition education.

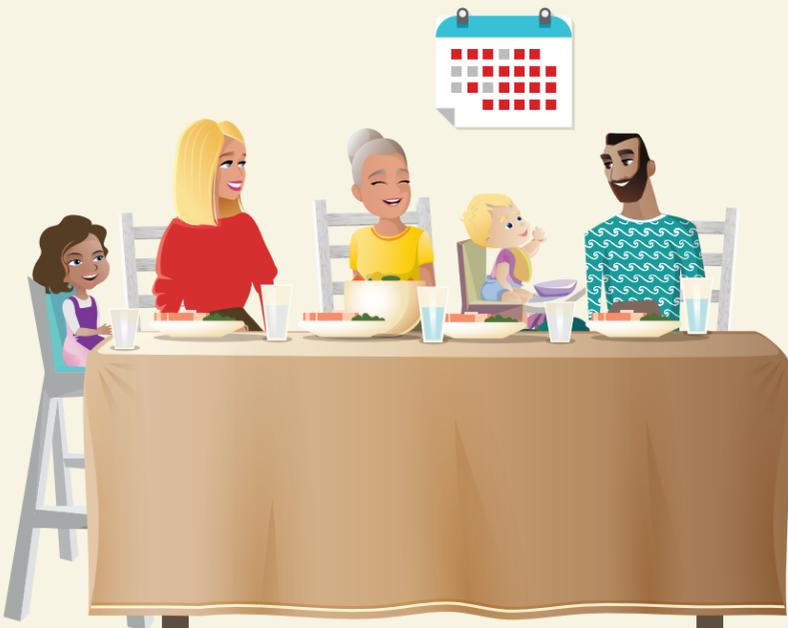


Improvements include:

- Making more healthy choices
- Eating more fruits and vegetables
- Offering more appropriate portions
- Drinking fewer sugar-sweetened beverages
- Eating more whole grains

MEALTIME ENVIRONMENT

64% of mothers report the family has meals together five or more days per week.



WORK AND SCHOOL

55% of mothers with 30-month-old children have work and/or school commitments.



¹Diet quality is measured using the Healthy Eating Index-2015. Score is out of a possible 100 points. At age 3, the age-matched national population scored 59.9.