



Inter Tribal Council of Arizona, Inc.

Celebrates 40 years of WIC

The Inter Tribal Council of Arizona, Inc. (ITCA) offers the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) to families and individuals under eleven Tribal governing agencies and one urban Indian Health agency.

WIC has helped women, infants and children with obtaining adequate nutrition since 1974. The program is authorized and funded by Congress and administered by the US Department of Agriculture (USDA). Seven million dollars in nutrition assistance from the USDA is provided through ITCA WIC each year.

WIC is a highly successful national public health nutrition program that is known for delivering measureable health benefits to its participants. It is recognized as a cost effective program. For every dollar spent on healthy foods and nutrition education, 1.5 to 3 dollars are saved in other health related spending.

According to the USDA, WIC is credited with improving the birth weight of newborns and reducing fetal deaths and infant mortality. Research studies have shown that pregnant women participating in WIC seek prenatal care earlier, have improved rates of pregnancy weight gain and suffer less frequently from iron deficiency anemia.

Participation in WIC significantly improves children's overall diets, particularly increasing dietary consumption of iron and calcium. Nutritionally at-risk infants and children enrolled in WIC experience better rates of growth, demonstrate improved intellectual development and are more likely to receive regular medical care and immunizations.

WIC promotes breastfeeding as the best form of nutrition during the first year of life. Pregnant and breastfeeding mothers are supported with nutrition and the latest scientific information on breastfeeding, plus the support of breastfeeding peer counselors and WIC staff.

WIC staff, health care workers, businesses, and organizations contribute to the success of the WIC program by their involvement in one or more of its essential services including providing nutritious foods, nutrition and breastfeeding education, and referrals to health and social services. It is the efforts of all involved that ITCA wishes to acknowledge and celebrate during this monumental 40th anniversary.

NOW, THEREFORE I, Diane Enos, President of Inter Tribal Council of Arizona, Inc. Executive Board, declare the celebration of the 40th Anniversary of the WIC Program and congratulate all who work in WIC or as a partner to WIC Program in delivering high quality nutrition care to women, infants and children.

Your efforts strengthen tribal families!

Diane Enos, President
Inter Tribal Council of Arizona, Inc.
Executive Board