



# WIC 101

Kelly A. Hetrick  
Phil Petrosky  
Alison Murphy

**Ohio WIC Program, Bureau of Health Services**

# A Brief History

- WIC was established in 1972 by an act of Congress
- Very first WIC clinic in Pineville, Kentucky opened January, 1974
- First clinic in Ohio opened later that same month
- WIC was statewide in Ohio by 1984
- There are 74 projects in Ohio with clinics in all 88 counties

# What is WIC

- Official name: Special Supplemental Nutrition Program for Women, Infants, and Children
- WIC is a preventive nutrition program
- WIC provides:
  - Nutrition education and counseling
  - Breastfeeding education and support
  - Supplemental foods
  - Referral services

# Who does WIC Serve

- Women
  - Who are pregnant
  - Who are breastfeeding
  - Who have an infant under 6 months of age
- Infants
  - From birth to 12 months of age
- Children
  - From 1 to 5 years of age

# Eligibility

- Meet Income requirements
  - 185% of the Federal Poverty Guidelines (Ex: A family of 4 grossing up to \$3747 per month is income-eligible)
  - Adjunctive eligibility
- Meet Residency requirements
  - Must live in the State in which they are applying for benefits
- Have a nutrition or medical risk
  - Determined by a Health Professional in the clinic

# Clinic Staff

- Director
- Health Professionals
- Breastfeeding Coordinator
- Support Staff
- Peer Helpers

# Overview of a local WIC program



# Certification Process

- Intake
- Lab
- Counseling
- Benefit/Card Issuance



# Redemption of Benefits

- Benefits issued to WIC Nutrition Card (WNC)
- Specific to participant's nutritional needs
- WNCs can be used at more than 1400 authorized vendor locations
- Can only purchase items/quantities that have been issued to card
- Items must be contained in State-approved UPC database

# State WIC

- Oversight of the Program
- Executive
- Vendor
- Program Analysis
- Program Development/Data Technology
- Nutrition and Administrative Services
- Program Operations
  - Compliance/Farmers Market

# QUESTIONS?



# Contact Information

Kelly A. Hetrick, Administrator

[kelly.hetrick@odh.ohio.gov](mailto:kelly.hetrick@odh.ohio.gov) or (614) 728-6431

Phil Petrosky, Executive Assistant

[phil.petrosky@odh.ohio.gov](mailto:phil.petrosky@odh.ohio.gov) or (614) 644-7572

Alison Murphy, RD, LD, Nutrition and Administrative Services Manager

[alison.murphy@odh.ohio.gov](mailto:alison.murphy@odh.ohio.gov) or (614) 644-7956

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