Pro/uniFB01le of Infants and Toddlers in Minnesota
Hunger, Poverty, Health, and the Federal Nutrition Programs

THE PROBLEM

Far too many young children in Minnesota experience food insecurity and poverty.

13.7% of children under age 18 live in a food-insecure household compared to 17.4% nationally.¹

15.8% of children 0-3 years old live in poverty compared to 23.7% nationally.²

In addition, far too many young children do not have a healthy start in life.³

<table>
<thead>
<tr>
<th></th>
<th>MINNESOTA</th>
<th>NATIONAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Weight-for-Length Among WIC Infants Ages 3-23 Months (2014)</td>
<td>11%</td>
<td>12%</td>
</tr>
<tr>
<td>Obesity Among WIC Children Ages 2-4 Years (2014)</td>
<td>12%</td>
<td>14%</td>
</tr>
<tr>
<td>Low Birthweight Rate (2017)</td>
<td>7%</td>
<td>8%</td>
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</tbody>
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THE IMPACT⁴

- Poor health
- Iron deficiency anemia
- Developmental delays
- Hospitalizations
- Less prepared for school

THE SOLUTION⁵

The federal nutrition programs for young children — the Supplemental Nutrition Assistance Program (SNAP), the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and the Child and Adult Care Food Program (CACFP) — support health, nutrition, and well-being during early childhood and beyond.

The programs IMPROVE ...
- Overall health
- Birth weight
- Infant feeding practices
- Breastfeeding initiation
- Dietary quality
- Cognitive development
- Educational attainment & income in adulthood

The programs REDUCE ...
- Poverty
- Food insecurity
- Hospitalizations
- Preterm birth
- Infant mortality
- Stunting
- Anemia & nutritional deficiency
- Overweight & obesity
In Minnesota, many young children and their families benefit from the federal nutrition programs:6

- 24,219 infants, 58,008 children, and 23,734 women received nutrition counseling and nutritious foods through WIC in the average month. ($53.4 million in healthy WIC food benefits in FY2018.)
- 97,503 children received healthy meals and snacks on an average workday in child care participating in CACFP. (47.8 million CACFP meals and snacks were served in FY2018.)
- 47,000 children age 0-3 received SNAP food benefits to support good health and food security.

How does your state's participation in the federal nutrition programs compare to the U.S.?

**WIC Coverage Rates**

<table>
<thead>
<tr>
<th>Eligible Infants</th>
<th>MINNESOTA 79%</th>
<th>NATIONAL 77%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligible Children</td>
<td>50%</td>
<td>44%</td>
</tr>
<tr>
<td>All Eligible Participants</td>
<td>57%</td>
<td>53%</td>
</tr>
</tbody>
</table>

**SNAP Participation Among Young Children Living in Low-Income Households**

<table>
<thead>
<tr>
<th>MINNESOTA</th>
<th>NATIONAL</th>
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<tbody>
<tr>
<td>60%</td>
<td>66%</td>
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