

THE PROBLEM

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



19.2% of children under age 18 live in a food-insecure household compared to **17.4%** nationally.¹



19.1% 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

| | High Weight-for-Length Among WIC Infants Ages 3–23 Months (2014) | Obesity Among WIC Children Ages 2–4 Years (2014) | Low Birthweight Rate (2017) |
|-------------------|------------------------------------------------------------------------|--------------------------------------------------------|--------------------------------|
| WASHINGTON | 11% | 14% | 7% |
| NATIONAL | 12% | 14% | 8% |

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

THE DATA

In Washington, many young children and their families benefit from the federal nutrition programs.⁶

- 30,307 infants, 82,625 children, and 32,083 women received nutrition counseling and nutritious foods through WIC in the average month. (\$69.4 million in healthy WIC food benefits in FY2018.)
- 78,842 children received healthy meals and snacks on an average workday in child care participating in CACFP. (34.5 million CACFP meals and snacks were served in FY2018.)
- 83,000 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 Rates⁷

| | WASHINGTON | NATIONAL |
|---------------------------|------------|----------|
| Eligible Infants | 70% | 77% |
| Eligible Children | 49% | 44% |
| All Eligible Participants | 54% | 53% |

SNAP Participation Among Young Children Living in Low-Income Households⁸

| WASHINGTON | NATIONAL |
|------------|----------|
| 67% | 66% |

Children Participating in CACFP: Five-Year Trends⁹

| | WASHINGTON | | | NATIONAL |
|---------|--------------------------------|------------------------------------------|---------------------------------|--------------------------|
| | Children Participating FY 2018 | Five-Year Percent Change FY 2013–FY 2018 | State Ranking On Percent Change | Five-Year Percent Change |
| Homes | 11,897 | -16% | 25 | -9% |
| Centers | 66,944 | 32% | 20 | 36% |
| Total | 78,842 | 21% | 20 | 26% |

NOTE: State ranking scale from (1) for the state with the highest rate of growth to (51) for the lowest rate of growth (or highest rate of decline) in the number of children participating on an average workday.

Endnotes

¹ FRAC analysis of 2014–2016 Current Population Survey–Food Security Supplement (CPS–FSS) data. | ² FRAC analysis of 5-year American Community Survey Public Use Microdata Sample (ACS–PUMS) data (2012–2016). | ³ Freedman et al., Pediatrics, 2017 (supplemental table published on CDC website); Pan et al., MMWR, 2016; Martin et al., National Vital Statistics Reports, 2018. | ⁴ FRAC's The Importance of the Federal Nutrition Programs for Infants and Toddlers. | ⁵ USDA FY2018 WIC and CACFP data; FRAC analysis of USDA FY 2017 SNAP Quality Control data. | ⁶ USDA 2015 WIC coverage rates: the percentage of eligible individuals receiving WIC benefits (published 2018). | ⁷ FRAC analysis of ACS–PUMS data (2012–2016): young children (0–3 years old) living in low-income SNAP households (below 130% of poverty). | ⁸ FRAC analysis of USDA CACFP average daily participation data.

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