

Integration of WIC and NPSP

Overview



- **Program Objective:** The New Parent Support Center (NPSP) and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), both located on the installation, actively integrate and work to spread their resources, materials, and programs, in order to improve the health and nutrition of mothers, fathers, and children, with a specific focus on pregnancy – children up to age 5
- **MTF:** Quantico
- **Implementation Dates:** WIC was brought back onto the installation in 2012, NPSP has been a Marine order since 2010
- **To reach local point of contacts, visit [MilitaryInstallations](#)**
- **Total Force Fitness Domains:** Social, Nutritional, Behavioral

Program Description



- NPSP actively engages and works with WIC and the CDC, referring families and new mothers so they receive appropriate support
- WIC has an onsite location open 2 days a week, improving ease of access and awareness
- Provides on-site and in-home lactation consultation, support, and materials including commercial-grade breast pumps for WIC eligible mothers
- NPSP has courses and activities focused on parenting, breastfeeding, communication, and demonstrations of positive interaction, highlights include: father/child activity (89 attendees), Hungry Caterpillar campaign to “eat well, live strong”, and breastfeeding support group near unit housing

Evidence of Program Effectiveness



- NPSP began in **response to shaken baby syndrome** and a need to bolster parent-child support on Marine installations
- WIC was brought back to the installation after receiving a grant when the state notice Quantico’s participation numbers were low, **location** has since **improved ease of access and participation**
- In FY11 1100 people attended NPSP classes and 1600 in FY12, an **increase of 500 people per year** within 2 years of opening
- WIC began with only 15 participants in September 2012, but has grown to serve **322 participants** in November 2014 and **347 participants** in December 2014

Costs and Required Resources



- **NPSP Staff:** Four full-time home visitors (clinical social worker and 3 nurses), program manager, & admin
- **NPSP Materials:** curriculum, workbooks, games, brochures/info, empathy bellies, & 4 breast pumps on-loan
- **WIC Staff:** 4 breastfeeding peer counselors, 1 assigned in office 1st & 2nd M & W of the month; 1 full-time supervisor
- **WIC Materials:** breast pumps (medical grade electric and hand pump), pads, shields, shells

Lessons Learned



- **Military specific materials** for WIC office and **installation welcome packet** would be helpful to have
- WIC provides lactation for all new mothers – 6 months, and having an office onsite drastically improves awareness and easy of access, especially for those families with one car. MHS provides all new mothers with in-hospital lactation support. The **identified gap is the new mothers, especially those who move shortly after birth, who could greatly benefit from lactation support, but do not qualify for WIC**
 - This need could be filled with more materials and support for NPSP in regards to lactation, specifically lactation consultants and medical grade breast pumps for loan. In addition, hospitals should be encourage to provide mothers, especially active duty, with breast pumps

Evidence of Effectiveness

Who Uses WIC at Quantico?

In December 2014, Quantico had **347** WIC participants, including:
89 Women, **93** Infants, and **165** Children



Academic Evidence of Effectiveness

- *Pediatrics* reported that **infants who did not receive WIC assistance were more likely to be underweight, short and perceived as having fair or poor health** compared with WIC assistance recipients. ¹
- *The Journal of Policy Analysis and Management* reported that **WIC participation is associated with improved birth outcomes.** ²
- Several studies report that breastfeeding **reduces the risk of diarrhea and respiratory infection** for children under 5 years of age, and **breastfeeding substantially lowers the risk of death from infectious diseases** in the first two years of life. ^{3,4}
- A meta-analysis reported an **association between breastfeeding and lower prevalence of overweight/obesity** later in life. ⁵
- An Assessment of Breastfeeding Practices and Reasons for Success in a Military Community Hospital, reported that **breastfeeding rates increased after the establishment of a lactation service.** ⁶

¹ <http://pediatrics.aappublications.org/content/114/1/169.abstract>

² http://www.princeton.edu/~jcurrie/publications/Does_WIC_Work.pdf

³ http://www.who.int/maternal_child_adolescent/documents/breastfeeding_short_term_effects/en/

⁴ <http://www.ncbi.nlm.nih.gov/pubmed/10841125>

⁵ http://www.who.int/maternal_child_adolescent/documents/breastfeeding_long_term_effects/en/

⁶ <http://ihl.sagepub.com/content/22/4/439.short>

Overall Impact of the WIC Program



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Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
 Food and Nutrition Service
 USDA is an equal opportunity provider and employer.