



Panhandle Health District

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Panhandle Health District

FOR IMMEDIATE RELEASE

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Contact: Katherine Hoyer

208-415-5108

Idaho WIC Receives Organization of the Year

Hayden, ID – The Idaho Chapter of the American Academy of Pediatrics has selected the Idaho Women, Infants and Children (WIC) program as the Organization of the Year.

“WIC is a premier public health program not only in Idaho, but in the nation,” said Cristi Litzinger, WIC State Director.

The Idaho chapter of American Academy of Pediatrics looks at individuals, pediatricians and organizations around the state each year to determine those who have gone above and beyond to improve the health of children. The Organization of the Year award recognizes WIC for its years of hard work and dedication to supporting moms and babies with education, breastfeeding support and being good stewards with primary care providers.

“We are so thrilled to receive this award and want to thank everyone for all they do and contribute to the program,” said Kim Young, WIC Program Manager at Panhandle Health District.

In 2018, WIC services at Panhandle Health District served 7,097 income eligible clients and provided over \$2 million in food vouchers. WIC is a federally funded nutrition program for pregnant women, new mothers, infants and children up to their 5th birthday. WIC has been proven to support more nutritious diets, improve availability of nutritious foods, help mothers give birth to healthier infants, improve access to health care, promote breastfeeding and improve children’s educational prospects, according to the Center on Budget and Policy Priorities.

“Among our clients, over 38% are exclusively breastfeeding their infants past three months,” said Young. “We know how beneficial that is for the babies and the moms. The support they receive from our breastfeeding peer counselors is the extra care that moms need.”

The American Academy of Pediatrics (AAP) recommends that infants be exclusively breastfed for 6 months, but according to the CDC, 60% of mothers do not breastfeed for as long as they intend to. At 6 months, about 57% of babies are still being breastfed in the U.S.

If you or someone you know could benefit from WIC, visit signupwic.com to find a location near you. Panhandle Health District manages five WIC locations in Kootenai, Bonner, Boundary, Shoshone and Benewah counties. The Department of Health and Welfare also has a WIC clinic in Post Falls.

Panhandle Health District provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.

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