

## MICHIGAN WIC: 5-YR PLAN [2024-2028]

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**Purpose:** The Women, Infants, and Children (WIC) program is one of the most powerful, evidence-based public health programs known to improve health outcomes for its clients. The program is associated with improved diet quality and birth weights, better cognitive development, lower risk of premature births, reduced infant mortality, and lower health care costs. Every five years, Michigan WIC reviews data from the Pregnancy Nutrition Surveillance System (PNSS) and the Pediatric Nutrition Surveillance System (PedNSS) to identify areas where health outcomes are lagging and to select indicators based on those identified areas of need. These selected indicators serve as a roadmap programmatically for Michigan WIC, as well as a broad guide for local agencies to establish their individualized priorities for the next five years.

**When to use the 5-year plan indicators?** Local agencies may use the 5-year plan indicators as baseline guidance to develop their own goals and objectives. Additionally, they have the flexibility to include indicators into their individualized plans that are specific to their agencies and based on local needs.

**Rationale for selection of the indicators:** Typically, the 5-year plan indicators are chosen by analyzing data trends from the PNSS and PedNSS reports for the previous five years. However, data collection in this cycle was disrupted by the COVID-19 pandemic and the subsequent switch to virtual services for clients. This affected the collection of data related to anthropometric and bloodwork indicators for PNSS and PedNSS. Therefore, percentages related to anthropometric and bloodwork indicators are not available for the pandemic years (2020-23). Due to the gaps in data collection, it was not feasible to accurately evaluate whether all the goals outlined in the previous plan were accomplished. Consequently, several of the goals for the 2024-2028 plan carry over from the previous 5-year plan.

However, this year, in keeping with the Michigan Department of Health and Human Service's emphasis on reducing health disparities experienced by minority populations, we are expanding WICs 5-year plan to include supplemental goals. For each main goal in the plan, we present a corresponding supplemental goal that breaks down Michigan data for that indicator by race-ethnicity, and sheds light on the subpopulations experiencing the biggest health disparities vis-à-vis the majority subgroup. Please refer to Table 1 for a summary of these contrasts. Highlighting such contrasts will allow us to be more focused in our efforts and be better positioned to take corrective actions to bridge these gaps.

## List of indicators for the 5-year plan [2024-2028]

- First Trimester Entry
- Ideal Pre-natal Weight Gain
- Low Birthweight
- Low Hemoglobin (<5 years)
- Breastfeeding Initiation
- 6 month Breastfeeding Duration
- Childhood Obesity (2-5 years)

## Goals and Supplemental Goals for the 5-year Plan [2024-2028]

1. Increase first trimester entry into WIC from 28.7% to 32.9%
  - Increase first trimester entry among Non-Hispanic Black participants by 3.9 percentage points from 21.1% to 25%, reducing Black-White disparity in first trimester entry by a third.
2. Increase ideal prenatal weight gain among Michigan WIC moms from 29.4%\* to 31%
  - Increase percent of Non-Hispanic Black participants with ideal pre-natal weight gain from 27.2 to 28.1, reducing Black-White disparity in ideal weight gain by one-third.
3. Decrease the percentage of low birthweight infants born to women enrolled in Michigan WIC from 10.4%\* to 8.0%
  - Decrease percentage of low birthweight infants born to Non-Hispanic Black participants from 14.6% to 12.5%, reducing the Black-White gap for this indicator by one-third.
4. Decrease prevalence of low hemoglobin levels from 18.7%\* to 18% among children less than 5 years of age
  - Decrease prevalence of low hemoglobin among Non-Hispanic Black children less than 5 years of age from 28.4 to 23.6, reducing the Black-White gap for this indicator by one-third.
5. Increase breastfeeding initiation from 67.8%\* to 70.5%
  - Increase breastfeeding initiation among Non-Hispanic Black participants from 58.1% to 62.8%, reducing the Black-White gap in initiation by one-third.
6. Increase 6 month duration of breastfeeding from 35% to 38.6%
  - Increase 6 month breastfeeding duration among Non-Hispanic Black participants from 27.7% to 31.4%, reducing Black-White disparity for this indicator by one-third.

7. Decrease prevalence of early childhood obesity in children 2-5 years of age from 13.7%\* to 12.7%
  - Decrease prevalence of childhood obesity among American Indian/Alaskan Native children from 21.5% to 18.9%, reducing the NH White-American Indian/Alaska Native gap in obesity by one-third.

**Note:**

<sup>1</sup>. Complete data on several indicators is not available for the years 2020-2023 due to the pandemic. For indicators where the most recent data are not available, an asterisk follows the first percentage stated in the goal (\*) denoting use of 2019 data as baseline for comparison. Please note that where the baseline percentage is not followed by an asterisk, 2022 data are being used instead.

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**Table 1: 5-year Plan Indicators by Race-ethnicity & Supplemental Goals [2024-2028]**

Indicator	Source	NH White	NH Black	Hispanic			Multiple	All	Supplemental
		%	%	%	AIAN %	API %	%	Other/Unknown %	Goal %
Increase 1st Trimester Entry	PNSS	32.8	21.1	29.1	32.2	29.1	29.9	2.5	25.0
Increase Percent with Ideal Prenatal Weight Gain	PNSS	29.8	27.2	31.7	*	43.8	28.3	*	28.1
Decrease Percent Low Birthweight Infants*	PNSS	8.4	14.6	7.7	7.6	10.7	10.6	*	12.5
Decrease Prevalence of Low Hemoglobin (<5 yrs)	PedNSS	14.1	28.4	16.3	16.2	15.6	17.6	25	23.6
Increase BF Initiation	PNSS	72.3	58.1	71.2	69.6	79.4	70	*	62.8
Increase 6 mo BF Duration	PedNSS	38.8	27.7	35.6	*	45.9	34	*	31.4
Decrease Prevalence of Childhood Obesity (2-5 yrs)	PedNSS	13.8	10.8	17.9	21.5	14.8	14	17.2	18.9

Note:

<sup>1</sup>. PNSS data is used for breastfeeding Initiation because of the availability of mother-child dyads

<sup>2</sup>. The source document and year for each indicator is as follows:

1. First Trimester Entry [PNSS, 2022]
2. Ideal Prenatal Weight Gain [PNSS, 2019]
3. Low Birthweight [PNSS, 2019]
4. Low Hemoglobin (<5 years) [PedNSS, 2019]
5. Breastfeeding Initiation [PNSS, 2019]
6. 6 month Breastfeeding Duration [PedNSS, 2022]
7. Childhood Obesity (2-5 years) [PedNSS, 2019]