



Women, Infants and Children (WIC) Nutrition Program at Quincy Medical Center

Good nutrition is one of the most basic building blocks necessary to get children started on the road to lifelong health and success. The Women, Infants and Children (WIC) Nutrition Program at Quincy Medical Center promotes the health and well being of women, infants and children and their families by providing quality nutrition education, nutritious food, and access to health and social services during the most critical years of fetal and childhood development.

The WIC program at Quincy Medical Center provides nutrition counseling and food vouchers to women and children, as well as screening events throughout Norfolk and Plymouth counties. The WIC Program collaborates with numerous health and social service agencies in their 20-town service area to help improve the health and well being of women and children in the communities it serves.

The WIC programs works to improve health care access to low- and moderate- income women with, or at risk of developing, nutrition-related health problems, including obesity and type 2 diabetes. By providing nutrition education and healthy foods, WIC enables families to make healthy eating and life-style choices that have been proven to produce positive prenatal outcomes, improve infant health and give children a healthy foundation so they start school ready to learn.

WIC services include:

- Evaluation of nutrition risk
- Health status monitoring, including height, weight, diet intake and blood indices
- Pregnancy monitoring and postpartum counseling
- Nutrition education, including diet counseling, food intake, food buying, storage and preparation, and information on dietary effects of disease and folic acid deficiency
- Immunization screening, tracking, referrals and access
- Breastfeeding support and promotion, including breastfeeding education and counseling and instruction
- Medicaid referral, drug education and referral, and smoking cessation counseling
- Family crisis intervention, child abuse and neglect monitoring

For more information about the WIC program at Quincy Medical Center, call 617-376-8701.