

Indicators of Diet Quality, Nutrition, and Health for Americans by Program Participation Status, 2011–2016: WIC Report



Appendix H. Infants and Pregnant, Breastfeeding, and Postpartum Women



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Appendix H. Infants and Pregnant, Breastfeeding, and Postpartum Women



October 2021

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Submitted to

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Appendix H. Infants and Pregnant, Breastfeeding, and Postpartum Women

Table H.1. NHANES Respondents With Complete Dietary Recalls, 2011–2016: Sample Sizes and Weighted Population Counts

Subgroup	All Individuals	WIC Participants	Income-Eligible Nonparticipants	Higher Income Nonparticipants
Sample Sizes				
All infants	1,053	618	156	278
0–5 months old	493	275	82	135
6–11 months old	560	343	74	143
All pregnant, breastfeeding, and postpartum women	319	120	66	98
Pregnant women	174	47	41	52
Breastfeeding women	84	31	16	37
Postpartum women	99	57	20	20
Weighted Population Counts				
All infants	3,980,550	1,856,416	614,065	1,508,809
0–5 months old	1,817,140	810,269	303,333	702,278
6–11 months old	2,163,410	1,046,147	310,732	806,531
All pregnant, breastfeeding, and postpartum women	4,977,304	1,486,324	911,640	2,071,060
Pregnant women	2,624,840	539,101	507,386	1,082,547
Breastfeeding women	1,413,564	326,022	296,661	790,881
Postpartum women	1,532,715	763,554	275,950	434,194

Notes: “All individuals” includes respondents with missing WIC participation or income. WIC participants consist of individuals in households that at the time of data collection reported receiving WIC benefits. Weighted population counts were based on NHANES day 1 dietary sample weights to adjust for nonresponse in day 1 dietary recall and the differential allocation by day of the week for the dietary intake data collection.

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls and demographic data. Sample includes NHANES infants 0–11 months old consuming breast milk or with complete dietary recall data and pregnant, breastfeeding, and postpartum women 20–44 years old with complete day 1 dietary recall data.

Table H.2. Demographic Characteristics of WIC Participants and Nonparticipants

Subgroup	All Individuals		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
Race/Ethnicity								
All infants and pregnant, breastfeeding, and postpartum women								
Mexican American	13.2	(2.09)	21.8	(3.51)	11.4 *	(2.69)	7.0 ***	(2.08)
Other Hispanic	6.8	(0.99)	10.8	(1.55)	4.6 * u	(1.86)	3.9 ***	(1.13)
Non-Hispanic White	55.3	(4.02)	33.9	(4.13)	57.6 **	(6.77)	74.8 ***	(3.92)
Non-Hispanic Black	14.5	(2.02)	24.4	(3.51)	14.5	(3.77)	3.5 *** u	(1.09)
Other race, multiracial	10.3	(1.28)	9.2	(1.78)	11.9	(2.59)	10.9	(2.11)
Infants 0–11 months old								
Mexican American	17.8	(2.53)	27.7	(4.28)	13.6 **	(2.92)	7.4 ***	(1.82)
Other Hispanic	7.3	(1.02)	11.1	(1.60)	2.7 *** u	(1.04)	4.5 ***	(1.13)
Non-Hispanic White	51.4	(3.85)	30.5	(4.25)	61.5 ***	(5.86)	73.0 ***	(3.57)
Non-Hispanic Black	13.7	(1.79)	22.7	(3.06)	11.7 *	(3.19)	3.4 *** u	(1.05)
Other race, multiracial	9.8	(1.14)	8.0	(1.57)	10.5	(2.72)	11.7	(2.27)
Pregnant, breastfeeding, and postpartum women								
Mexican American	9.4	(1.96)	14.4	(3.31)	9.9 u	(3.87)	6.7 u	(2.93)
Other Hispanic	6.3	(1.27)	10.5	(2.41)	5.9 u	(2.97)	3.5 * u	(1.57)
Non-Hispanic White	58.5	(4.55)	38.0	(6.04)	55.0	(8.50)	76.1 ***	(4.94)
Non-Hispanic Black	15.1	(2.56)	26.5	(4.96)	16.4	(4.77)	3.5 *** u	(1.48)
Other race, multiracial	10.6	(1.84)	10.6	(3.15)	12.8 u	(4.26)	10.3	(2.58)
Education (20+ Years Old)								
Pregnant, breastfeeding, and postpartum women								
Less than high school	11.0	(1.95)	22.0	(3.96)	18.8 u	(5.99)	0.7 *** u	(0.51)
High school diploma or GED	17.6	(2.17)	28.3	(4.07)	10.0 *** u	(3.77)	8.5 *** u	(3.19)
More than high school	71.4	(3.16)	49.7	(4.85)	71.2 *	(7.78)	90.8 ***	(3.20)

Subgroup	All Individuals		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
Marital Status (20+ Years Old)								
Pregnant, breastfeeding, and postpartum women								
Married	64.4	(4.10)	36.8	(6.03)	46.1	(8.58)	95.2 ***	(3.16)
Widowed, divorced, separated	7.4	(2.07)	9.7 u	(3.39)	22.0 u	(8.00)	.	(.)
Never married	13.1	(2.29)	21.5	(4.78)	17.9 u	(5.58)	4.6 ** u	(3.15)
Cohabiting	15.2	(2.44)	32.0	(5.08)	14.0 * u	(5.40)	0.3 *** u	(0.29)

Notes: “All individuals” includes respondents with missing WIC participation or income. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample *t*-tests comparing WIC participants with income-eligible nonparticipants or higher income nonparticipants.

WIC participants consist of individuals in households that at the time of data collection reported receiving WIC benefits.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls and demographic data. Sample includes NHANES infants 0–11 months old consuming breast milk or with complete dietary recall data and pregnant, breastfeeding, and postpartum women 20–44 years old with complete day 1 dietary recall data.

Table H.3. Weight Status for Infant WIC Participants and Nonparticipants by Age

Subgroup	All Infants		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error	Percent	Standard Error
All Infants 0–11 Months Old								
<i>Sample size</i>	1050	–	617	–	154	–	278	–
Low weight-for-length	0.8 u	(0.28)	0.9 u	(0.45)	1.1 u	(0.88)	0.6 u	(0.36)
Healthy weight-for-length	92.4	(0.99)	93.3	(1.14)	88.7	(3.04)	92.8	(1.96)
High weight-for-length	6.8	(0.99)	5.8	(1.06)	10.2	(2.93)	6.6	(1.95)
Infants 0–5 Months Old								
<i>Sample size</i>	492	–	275	–	81	–	135	–
Low weight-for-length	1.2 u	(0.54)	1.2 u	(0.86)	1.7 u	(1.61)	1.0 u	(0.72)
Healthy weight-for-length	93.4	(1.26)	92.7	(1.93)	90.1	(4.13)	95.6	(2.00)
High weight-for-length	5.4	(1.13)	6.1	(1.69)	8.3 u	(3.97)	3.4 u	(1.81)
Infants 6–11 Months Old								
<i>Sample size</i>	558	–	342	–	73	–	143	–
Low weight-for-length	0.5 u	(0.24)	0.8 u	(0.45)	0.6 u	(0.53)	0.2 u	(0.17)
Healthy weight-for-length	91.5	(1.53)	93.7	(1.17)	87.4	(3.82)	90.3	(3.18)
High weight-for-length	8.0	(1.58)	5.6	(1.13)	12.0 u	(3.85)	9.5 u	(3.20)

Notes: “All infants” includes infants with missing WIC participation or income. Weight categories are defined based on weight-for-length percentiles from the World Health Organization growth charts for infants 0 to 2 years old: low weight-for-length is ≤ the 2nd percentile; healthy weight-for-length is > the 2nd and < the 98th percentiles; and high weight-for-length is ≥ the 98th percentile. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population to ensure different age distributions of NSLP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample *t*-tests comparing WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of infants in households that at the time of data collection reported receiving WIC benefits. **u** Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation
 – Denotes not applicable

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls and body measurement data. Sample includes NHANES infants aged 0–11 months old with complete length and weight data, and those with complete day 1 dietary recall data or incomplete because of the consumption of breastmilk.

Table H.4. Mean Usual Intakes From Complementary Foods for Infant WIC Participants and Nonparticipants by Age

Subgroup	All Infants			WIC Participants			Income-Eligible Nonparticipants			Higher Income Nonparticipants		
	Mean	Note	Standard Error	Mean	Note	Standard Error	Mean	Note	Standard Error	Mean	Note	Standard Error
All Infants 0–11 Months Old												
<i>Sample size</i>	1,053		–	618		–	156		–	278		–
Vitamin A (mcg RAE)	139.0		(9.23)	145.0		(12.63)	139.9		(24.91)	131.3		(17.70)
Iron (mg)	4.8		(0.36)	5.9		(0.56)	3.1 ***		(0.44)	4.2 *		(0.46)
Zinc (mg)	1.4		(0.10)	1.6		(0.13)	1.1 *		(0.16)	1.3		(0.19)
Calories (kcal)	174.3		(9.66)	203.4		(16.70)	166.5		(19.59)	141.8 **		(15.97)
Infants 0–5 Months Old												
<i>Sample size</i>	493		–	275		–	82		–	135		–
Vitamin A (mcg RAE)	17.1		(3.13)	20.2		(5.06)	28.6		(5.43)	8.7 u		(3.42)
Iron (mg)	1.3		(0.17)	1.7		(0.29)	0.6 ** u		(0.20)	1.2		(0.26)
Zinc (mg)	0.2		(0.03)	0.3		(0.06)	0.1 ** u		(0.03)	0.2		(0.05)
Calories (kcal)	20.2		(2.71)	29.6		(5.59)	14.7 *		(2.72)	11.8 **		(2.42)
Infants 6–11 Months Old												
<i>Sample size</i>	560		–	343		–	74		–	143		–
Vitamin A (mcg RAE)	241.3		(14.46)	241.6		(18.02)	248.6		(25.63)	238.0		(23.28)
Iron (mg)	7.7		(0.50)	9.2		(0.70)	5.5 ***		(0.62)	6.8 *		(0.71)
Zinc (mg)	2.4		(0.12)	2.6		(0.15)	2.1 *		(0.18)	2.2		(0.30)
Calories (kcal)	303.8		(13.97)	338.0		(21.67)	314.7		(29.40)	255.1 **		(22.21)

Notes: “All infants” includes infants with missing WIC participation or income. The data reflect nutrient intakes from complementary foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population to ensure different age distributions of NSLP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample *t*-tests comparing WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of infants in households that at the time of data collection reported receiving WIC benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

kcal = calories, mg = milligrams, mcg RAE = microgram retinol activity equivalents

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

– Denotes not applicable

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES infants 0–11 months old consuming breast milk or with complete day 1 and day 2 dietary recall data.

Table H.5. Vitamin A (Micrograms Retinol Activity Equivalent): Percentile Distribution of Mean Usual Intakes From Complementary Foods for Infant WIC Participants and Nonparticipants by Age

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
All infants 0–11 months old	0.0	0.0	0.0	0.0	2.8 u	192.3	344.4	468.2	657.9
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9 u	97.7 u
6–11 months old	0.0	0.0	2.3 u	12.9 u	137.1	359.9	543.3	654.0	811.5
WIC participants	0.0	0.0	0.0	0.0	7.6 u	203.2	354.5	489.3	678.1
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0	0.5 u	12.9 u	205.6
6–11 months old	0.0	0.0	1.4 u	17.0 u	113.1	356.3	545.6	661.1	811.9
Income-eligible nonparticipants	0.0	0.0	0.0	0.0	0.7 u	202.4	372.6	440.7	633.6
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0	0.0	28.5 u	216.1
6–11 months old	0.0	0.0	2.9 u	10.9 u	148.6 u	373.3	466.7	598.9	760.3
Higher income nonparticipants	0.0	0.0	0.0	0.0	0.1 u	153.8	280.2	474.0	651.3
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3 *** u
6–11 months old	0.0	0.0	3.4 u	12.7 u	137.2	322.4	553.8	640.1	766.2

Notes: “All infants” includes infants with missing WIC participation or income. The data reflect nutrient intakes from complementary foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population to ensure different age distributions of NSLP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of infants in households that at the time of data collection reported receiving WIC benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES infants 0–11 months old consuming breast milk or with complete day 1 and day 2 dietary recall data.

Table H.6. Iron (Milligrams): Percentile Distribution of Micronutrient Mean Usual Intakes From Complementary Foods for Infant WIC Participants and Nonparticipants by Age

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
All infants 0–11 months old	0.0	0.0	0.0	0.0	1.0	6.5	11.0	14.5	19.8
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0 u	1.2 u	4.4 u	10.7
6–11 months old	0.1 u	0.3	0.6	1.4	5.0	10.8	15.3	19.5	24.9
WIC participants	0.0	0.0	0.0	0.0	1.8	8.0	12.0	17.0	24.2
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.4 u	3.2 u	6.2	10.8
6–11 months old	0.2 u	0.7	1.0	2.0	5.4	11.9	17.8	20.6	30.1
Income-eligible nonparticipants	0.0	0.0	0.0	0.0	0.3 *** u	4.1 **	6.7 ***	9.0 **	14.7
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0	0.4 * u	1.4 ** u	3.2
6–11 months old	0.0 *	0.2 *** u	0.3 ***	0.5 ***	3.2 ***	7.1 **	10.6 **	13.8	21.2
Higher income nonparticipants	0.0	0.0	0.0	0.0	0.6 * u	5.9	10.8	13.5	17.5
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0	0.1 u	4.0 u	10.9
6–11 months old	0.1 u	0.3 * u	0.5 * u	1.3 u	4.4	9.9	14.7	17.2	20.5

Notes: “All infants” includes infants with missing WIC participation or income. The data reflect nutrient intakes from complementary foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population to ensure different age distributions of NSLP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of infants in households that at the time of data collection reported receiving WIC benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES infants 0–11 months old consuming breast milk or with complete day 1 and day 2 dietary recall data.

Table H.7. Zinc (Milligrams): Percentile Distribution of Micronutrient Men Usual Intakes From Complementary Foods for Infant WIC Participants and Nonparticipants by Age

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
All infants 0–11 months old	0.0	0.0	0.0	0.0	0.3	2.0	3.2	4.1	6.1
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0 u	0.2 u	0.5	1.6
6–11 months old	0.0 u	0.1 u	0.2	0.5	1.5	3.3	4.6	5.6	7.4
WIC participants	0.0	0.0	0.0	0.0	0.5	2.1	3.5	4.5	6.5
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.1 u	0.4 u	0.8 u	1.6
6–11 months old	0.0 u	0.2	0.3	0.7	1.8	3.6	4.6	6.1	8.4
Income-eligible nonparticipants	0.0	0.0	0.0	0.0	0.1 *** u	1.3	2.8	3.5	5.5
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0 *	0.0 * u	0.2 * u	0.4
6–11 months old	0.0	0.0 * u	0.1 ** u	0.2 ***	1.3	3.2	4.0	5.2	7.6
Higher income nonparticipants	0.0	0.0	0.0	0.0	0.1 * u	1.8	2.7 *	3.4	5.0
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0	0.0 * u	0.4 u	2.1
6–11 months old	0.0	0.0 u	0.1 u	0.4	1.4	2.9	4.3	4.8	6.6 u

Notes: “All infants” includes infants with missing WIC participation or income. The data reflect nutrient intakes from complementary foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population to ensure different age distributions of NSLP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of infants in households that at the time of data collection reported receiving WIC benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES infants 0–11 months old consuming breast milk or with complete day 1 and day 2 dietary recall data.

Table H.8. Calories: Percentile Distribution of Mean Usual Caloric Intakes From Complementary Foods for Infant WIC Participants and Nonparticipants by Age

Subgroup	5th	10th	15th	25th	50th	75th	85th	90th	95th
All infants 0–11 months old	0.0	0.0	0.0	0.0	64.8	254.5	378.9	473.5	738.6
0–5 months old	0.0	0.0	0.0	0.0	0.0	3.8 u	37.5	72.7	115.6
6–11 months old	12.1 u	41.9	61.1	96.2	218.4	414.3	552.5	708.5	941.3
WIC participants	0.0	0.0	0.0	0.0	89.6	293.9	457.2	551.0	847.2
0–5 months old	0.0	0.0	0.0	0.0	0.0	19.3 u	59.3	87.4	149.5
6–11 months old	15.6 u	52.0	74.2	114.4	250.1	461.7	609.7	772.4	973.9
Income-eligible nonparticipants	0.0	0.0	0.0	0.0	41.4 *	207.0	352.6	466.9	745.7
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0 *	11.9 *** u	43.3 *	97.7 *
6–11 months old	0.0	17.5 * u	46.3 *	61.6 ***	182.0	375.5	588.8	741.7	1,245.7
Higher income nonparticipants	0.0	0.0	0.0	0.0	58.4 u	209.6	323.4 **	390.9	568.4 *
0–5 months old	0.0	0.0	0.0	0.0	0.0	0.0	4.3 *** u	38.1 u	89.3 **
6–11 months old	8.6	36.2 u	58.6	86.7	196.3	339.4 **	432.7	565.8	719.9 *

Notes: “All infants” includes infants with missing WIC participation or income. The data reflect nutrient intakes from complementary foods and beverages but do not include the contribution of vitamin and mineral supplements. Usual intake was estimated using the National Cancer Institute method. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population to ensure different age distributions of NSLP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of infants in households that at the time of data collection reported receiving WIC benefits. Standard errors were estimated using balanced repeated replication to account for complex survey design.

u Indicates individual estimates did not meet the standards of reliability or precision because of large coefficient of variation

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls. Sample includes NHANES infants 0–11 months old consuming breast milk or with complete day 1 and day 2 dietary recall data.

Table H.9. Healthy Eating Index-2015 Scores for Pregnant, Breastfeeding, and Postpartum Women WIC Participants and Nonparticipants

Subgroup	Maximum Possible HEI Score	All Pregnant, Breastfeeding, and Postpartum Women		WIC Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Sample size	–	319	–	120	–	66	–	98	–
Total fruits	5	3.9	(0.46)	3.9	(0.56)	2.8	(0.65)	3.9	(0.61)
Whole fruits	5	4.5	(0.28)	4.1	(0.34)	4.1	(0.86)	4.7	(0.47)
Total vegetables	5	3.4	(0.16)	3.2	(0.23)	3.0	(0.42)	3.9 *	(0.28)
Greens and beans	5	4.0	(0.41)	3.7	(0.73)	2.7	(0.76)	4.4	(0.53)
Whole grains	10	3.7	(0.42)	3.0	(0.63)	3.0	(0.75)	4.9 *	(0.67)
Dairy	10	5.9	(0.31)	6.6	(0.69)	6.6	(0.83)	5.4	(0.51)
Total protein foods	5	5.0	(0.01)	5.0	(0.13)	5.0	(0.07)	5.0	(0.02)
Seafood and plant proteins	5	4.9	(0.18)	4.6	(0.47)	4.7	(0.51)	4.9	(0.20)
Fatty acids	10	4.6	(0.36)	4.3	(0.52)	3.4	(0.71)	5.8	(0.66)
Refined grains	10	6.1	(0.44)	4.8	(0.62)	6.9 *	(0.76)	6.7 *	(0.68)
Sodium	10	4.2	(0.52)	4.3	(0.62)	4.7	(0.79)	3.5	(0.94)
Added sugars	10	6.2	(0.35)	5.5	(0.62)	4.9	(1.01)	7.2 *	(0.49)
Saturated fats	10	5.7	(0.39)	6.7	(0.59)	4.7 *	(0.71)	5.9	(0.62)
Total HEI-2015 score	100	62.0	(1.72)	59.6	(2.54)	56.5	(2.15)	66.2	(2.61)

Notes: “All pregnant, breastfeeding, and postpartum women” includes pregnant, breastfeeding and postpartum women with missing WIC participation or income. Mean component scores may not sum to total score because of rounding. Estimates are based on the day 1 dietary recall. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population to ensure different age distributions of NSLP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing WIC participants with income-eligible nonparticipants or higher income nonparticipants. WIC participants consist of women in households that at the time of data collection reported receiving WIC benefits.

HEI = Healthy Eating Index

Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls; Food Pattern Equivalents Database 2011–2012, 2013–2014, and 2015–2016. Sample includes NHANES pregnant, breastfeeding, and postpartum women 20–44 years old with complete day 1 dietary recall data.