

Healthy People in Healthy Communities

NEWS

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CDHD Adds WIC Services in Kuna and Meridian

The long-standing supplemental nutrition program for income-eligible moms and their children is expanding access in the Treasure Valley with two new office locations now in Meridian and Kuna.

Women, Infants and Children (WIC) services are offered on Wednesdays at the Family Medicine Health Center's *Meridian Schools Clinic*, located at Meridian Elementary School on Northwest 1st Street. In January, Tuesday appointments will be added. In Kuna, WIC services are now offered on Fridays at the *Family Medicine Health Center* clinic, located at 708 E Wythe Creek Court.

"One of the obstacles we hear from families is that it's not always convenient to find transportation to our main Boise office. We believe that bringing WIC services to other parts of the county will help reduce one of the barriers for families," said Angela Spain, CDHD's WIC Program Manager.

At the new locations, families will be able to apply for the WIC program, meet with program representatives, pick up benefit checks and receive nutrition counseling and breastfeeding support.

The new Kuna and Meridian WIC locations are home to Family Medicine Health Center clinics — a successful partnership that has grown in recent years, allowing more health services to be offered under one rooftop. "Combining Family Medicine primary care services at Family Medicine Health Center clinic sites and Central District Health Department WIC services is a natural fit. It allows patients the ability to receive medical care at the same location as they are receiving their WIC services, extending the health home model to the community. This collaboration between FMHC and the Health Department will lead to healthier lives", said Dr. Kevin Rich, Chief Medical Officer for FMHC.

WIC is an income-based special supplemental nutrition and education program for pregnant, postpartum, and breastfeeding women with infants and children up to age five. WIC also serves dads, grandparents and foster parents of eligible children. The free program provides access to healthy foods, health screenings, nutrition education, and breastfeeding support. On average, families participate in the program for 13 months.

CDHD also offers WIC services in Garden City at 215 W. 35th Street — a location it shares with the Garden City Community Clinic and Family Medicine Health Center, and at its main office in Boise at 707 North Armstrong Place. Additionally, CDHD offers WIC appointments in Boise, Elmore and Valley counties. For a full list of WIC locations, to learn more about the program and eligibility, visit cdhd.idaho.gov. To make an appointment at any of CDHD's WIC Clinic locations, call 327-7488.

FMHC is a full-service patient centered clinic dedicated to providing care to the entire family, from birth through end of life. FMHC accepts a wide variety of insurance, including Medicare, Medicaid, and TriCare. For patients without insurance, a Sliding Fee Discount Schedule based on income is available. For more information, visit <http://www.fmridaho.org/patients/>.