

**Family Living Programs
2007 Annual Plan of Work for Nancy Crevier
Marinette County – Family Living Educator**

Eating Well, Being Active

Situation Analysis/Priority Setting

Within the United States, the percentage of overweight children ages 6-11 years old has increased from 4% in 1965 to 13% in 1999 (U.S. Center for Disease Control and Prevention). The 2005 Youth Risk Behavior Survey indicates that among Wisconsin high school students, 10% are overweight and 14% are at risk for becoming overweight (U.S. Center for Disease Control). Data for Wisconsin's youngest children are limited, but in 2001, 25% of low-income two to four-year-olds were either overweight or at risk of being overweight. Locally, data compiled by Marinette County's WIC program support this trend. In 1995, 8.4% of children assessed by the WIC program were certified with overweight as a nutritional risk factor (weight for height greater than 95th percentile). By 2001, that percentage increased to 14.7%. The probability that overweight preschool-aged children will become obese adults is over 30%. For overweight adolescents, the likelihood is closer to 80% (Wisconsin Briefs from the Legislative Reference Bureau, March 2005). As a result of rising obesity and sedentary lifestyles, Wisconsinites are experiencing increased risks for a number of chronic diseases including diabetes, heart disease, hypertension, osteoarthritis and some forms of cancer. An adult with a chronic disease such as diabetes can incur health care related costs as much as six times the cost for a person without diabetes. Child obesity-related annual hospital costs in the United States have increased more than threefold from 1979-1999 (Wang, G. and Dietz, W.H., Economic burden of obesity in youths aged 6 to 17 years: 1979-1999, Pediatrics, 2002). Since affordable healthcare is also a high priority in Marinette County, promoting nutrition education and physical activity opportunities for children and families has become a community issue.

Staff members from three northern Marinette County school districts (Goodman-Armstrong Creek, Pembine-Dunbar-Beecher and Wausaukee), as well as the staff of

the Peshtigo-Marinette Head Start have seen first hand how these trends affect the children they serve and have requested ongoing nutrition education through Marinette County's Wisconsin Nutrition Education Program (WNEP). With this Family Living Educator's involvement, this programming has been able to reach children from all socio-economic backgrounds, not just WNEP's targeted food stamp eligible audience. The Community Wellness Partnership (formerly known as the Childhood Wellness Partnership), a coalition made up of community agencies and institutions in both Marinette and Oconto Counties will also continue to be supported by this Family Living Educator to enhance community environments that promote and support healthy lifestyles.

Intended Outcomes for Priority Programs

Priority Program #1

Providing nutrition education to promote healthy food, physical activity and lifestyle choices to school aged children in the Pembine-Dunbar-Beecher, Goodman-Armstrong Creek and Wausaukee school districts.

Medium Term Outcomes:

1. Youth will incorporate skills and change behaviors related to selection of healthy foods.
2. Youth will incorporate skills and change behaviors related to physical activity.

Short Term Outcomes:

1. Youth will gain awareness, knowledge and skills related to the USDA dietary guidelines and the selection of healthy foods.
2. Youth will gain awareness, knowledge and skills related to the benefits of and ways to be physically active.
3. School staff members will report their students gained awareness, knowledge and skills related to the USDA dietary guidelines and the selection of healthy foods, as well as gaining awareness, knowledge and skills related to the benefits of and ways to be physically active.

Implementation Plan (inputs/outputs)

Strategy #1

Monthly nutrition presentations (30-45 minutes in length) will be provided by this educator to over 150 children in four-year-old kindergarten programs through fourth grade enrolled in three northern Marinette County schools. Curriculum will be developed by this educator using research based teaching materials, including Penn State's "Exploring MyPyramid with Professor Popcorn" curriculum, the "Pyramid Between the Pages" curriculum from Michigan State University Extension, the "Youth Curriculum Sourcebook", WNEP materials and other USDA nutrition education resources. Based on the current needs identified by teachers and school nurses, presentations will include topics such as: food safety, breakfast, fruits and vegetables, healthy snacking, etc. Physical activity will be promoted and incorporated into each lesson.

Evaluation of Strategy #1

1. Eleven staff members at the three schools will be asked to formally evaluate the program upon completion to determine behavior changes observed in the lives of the children they serve related to improvements in nutrition and increases in physical activity levels.
2. Parents of student participants will be surveyed using the WNEP Parent Survey to Assess Learning by Youth Participants regarding behavior changes observed in their children related to fruits and vegetables following the lessons incorporated in the "Exploring MyPyramid with Professor Popcorn" and the "Pyramid Between the Pages" curricula.

Priority Program #2

Nutrition presentations to children enrolled in the Peshtigo-Marinette Head Start, linking nutrition and physical activity with reading. Children will be encouraged to try new foods, especially fruits and vegetables.

Short Term Outcomes:

1. Parents will gain awareness of the importance of serving a variety of fruits and vegetables to their children on a daily basis.
2. Children will increase their recognition of fruits and vegetables, and will gain awareness of their importance in a healthy diet.

Implementation Plan (inputs/outputs)

Strategy #1

A series of eight nutrition presentations (30 minutes in length) will be will be facilitated by this educator in collaboration with the Wisconsin Nutrition Education Program to over seventy Head Start children using “Pyramids Between the Pages” from Michigan State University Extension. This curriculum includes a parent component consisting of monthly parent handouts. The primary focus of the program is to teach and empower children to try new foods.

Evaluation of Strategy #1

1. Parents of participants will be surveyed using the WNEP Parent Survey to Assess Learning by Youth Participants regarding behavior changes observed in their children related to fruits and vegetables following the lessons incorporated in the “Pyramid Between the Pages” curriculum.
2. Teachers will also be asked to complete a questionnaire upon completion of the program to provide program feedback related to increases in the children’s recognition of fruits and vegetables, as well as increases in the children’s willingness to try new fruits and vegetables.

Priority Program #3

Facilitation of Community Wellness Partnership meetings will continue, providing direction and support throughout ongoing strategic planning and implementation of action plans.

Medium Term Outcomes:

Community Wellness Partnership will develop and implement plans to improve nutrition and physical activity for children and families in Marinette and Oconto Counties.

Short Term Outcome:

Agency and institutional partners in Marinette and Oconto Counties will collaborate to address nutrition and physical activity challenges and issues for children and families within the two counties.

Implementation Plan (inputs/outputs)

Strategy #1

Monthly meetings of the Childhood Wellness Partnership will continue to be facilitated by this educator. Partnership members will be led through the process of ongoing strategic planning and the development of action plans. During the spring of 2007, a “Get Active” guide listing affordable physical activity opportunities in both Marinette and Oconto Counties will be developed and distributed to area families.

Evaluation of Strategy #1

During the fall of 2007, families who received the “Get Active” guides will be surveyed to assess the guide’s usefulness and increases in physical activity levels.

Eating Well, Being Active State Team Efforts:

Continue to serve as Co-Chair of the Eating Well, Being Active state team during 2007. The team plan of work will continue to be promoted, encouraging educators around the state to expand nutrition and physical activity programming efforts. In addition, this educator will continue to represent the state team on a curriculum design committee preparing a district inservice offering entitled “UW-Extension’s Work with Multi-Stakeholder Community Groups Serving Children, Youth and Family”. This educator will serve as one of the presenters of the Eastern District inservice scheduled on Wednesday, May 16, 2007.

Family Caregiving

Situation Analysis/Priority Setting

Over ninety percent of older adults (those 65 years and older) in Marinette County live out in the community. Fewer than ten percent live within nursing home or assisted living facilities. Family caregivers often play an important role in helping these individuals live independently.

Becoming a family caregiver, whether it's caring for an aging parent, ill spouse, or other family member adds stress to an already stressful life. Family members are unfamiliar with existing community resources, lack knowledge on how to provide care or find themselves tired, isolated, and unable to function effectively.

Clients of Marinette County's Elderly Services report difficulties dealing with the stress of family caregivers. Resources may be lacking in rural communities, or transportation may sometimes be an issue. Stress and isolation may compound the feelings of inadequacy that often accompany family caregiving roles. This Family Living Educator in collaboration with Marinette County's Elderly Services will provide educational resources on family caregiving that address the needs of family caregivers including caring for themselves, increasing their confidence in their caregiving role, and coping with emotions.

Intended Outcomes for Priority Programs

Priority Program #1

Co-facilitate "Taking Care of You: Powerful Tools for Caregiving" a six week training for family caregivers to enable caregivers to reduce personal stress, communicate needs, manage challenging situations, and make tough caregiving decisions.

Long Term Outcome:

Family caregivers will improve their personal well-being.

Medium Term Outcomes:

1. Caregivers increase their confidence as a family caregiver.
2. Caregivers/participants access community resources.

Short Term Outcome:

Caregivers increase their awareness of family caregiving resources.

Implementation Plan (inputs/outputs)

Strategy #1

The six week training curriculum, “Taking Care of You: Powerful Tools for Caregiving” will be facilitated by this educator twice in 2007 in collaboration with Marinette County Elderly Services in various locations throughout the county. “Taking Care of You: Powerful Tools for Caregiving” is designed to aid those who care for loved ones impacted by stroke, Alzheimer’s, Parkinson’s disease, or similar long-term conditions. It is a unique course that addresses the needs of caregivers.

Evaluation of Strategy #1

Family caregivers/program participants in “Taking Care of You: Powerful Tools for Caregiving” will be asked to complete three existing evaluations – pre, post, and six month follow-up questionnaires.

Priority Program #2

Co-facilitate “Caregiving Relationships for People Who Care for Adults” a curriculum for family caregivers designed to reduce the emotional pressures associated with caregiving. Curriculum contents include mixed emotions, relationships in caregiving, loss and grief for caregivers, self-care for caregivers, and maneuvering through the social service maze.

Medium Term Outcomes:

1. Caregivers increase their confidence as a family caregiver.
2. Caregivers/participants access community resources.
3. Caregivers/participants adopt family caregiver skills to assist them as a care provider.

Short Term Outcomes:

1. Caregivers/participants increase their knowledge about being a family care provider.
2. Caregivers increase their awareness of family caregiving resources.

Implementation Plan (inputs/outputs)

Strategy #1

“Caregiving Relationships for People Who Care for Adults” curriculum will be facilitated by this educator during 2007 in collaboration with Marinette County Elderly Services. “Caregiving Relationships for People Who Care for Adults” consists of six discussion topics which are accompanied by sixteen brochures dealing with uncomfortable emotions that caregivers often experience.

Evaluation of Strategy #1

Family caregivers will complete existing after session evaluations.

Family Caregiving State Team Efforts:

As a member of the state Family Caregiving team this educator will continue to support team efforts through two state committees. First, as a member of the Michigan/Wisconsin Vital Aging workgroup, developing strategies and action plans to strengthen family caregiving and aging programming along the Wisconsin and Upper Peninsula of Michigan border. Secondly, this educator will continue as a member of the Caregiving Relationships Curriculum Task Force under the Wisconsin Alliance for Family Caregiving promoting the curriculum, scheduling trainings around the state, recruiting class leaders, and evaluating the curriculum.

Building Community Connections with Families

Situation Analysis/Priority Setting

Since many families depend on child care providers during the first years of a child's life, providers can play a key role in strengthening families and building stronger communities. Involving families in early care and education programs can have a positive impact on a child's performance (Miedel & Reynolds, 1999) at a crucial time prior to the child's transition to elementary school (Pianta, Rimm-Kauffman, & Cox, 1999). To develop positive relationships with parents, early care and education providers must face challenges due to family resources; limited staff resources and training; and cultural differences (Rockwell, et al., 1996). Parents and providers working together in partnership create healthy environments and long term benefits for children. Family-centered child care programs realize the importance of this partnership and work to develop ongoing relationships with parents.

Intended Outcomes for Priority Programs

Priority Program #1

Facilitate "Connecting with Families in Early Care and Education: Make a Difference That Lasts!" a five module training program for early care and education providers, based on best practices for family involvement in early care and education programs.

Medium Term Outcome: Early care and education providers will implement family-centered best practices in their child care programs.

Short Term Outcome: Early care and education providers increase their awareness and knowledge of family-centered practices.

Implementation Plan (inputs/outputs)

Strategy #1

The ten hour training curriculum, "Connecting with Families in Early Care and Education: Make a Difference That Lasts!" will be facilitated by this educator during January and February of 2007 for Marinette County child care providers. This five

module training program was developed by members of UW-Extension Family Living Program's Building Community Connections with Families team.

Evaluation of Strategy #1

Evaluation will include pre- and post- self-report assessments of the family-centered quality and "climate" of participant's child care programs in regards to policies and practices that support children, families, and child care staff.

Specific assessments will be made of the amount of effort invested by programs in implementing family-centered care, including provision of education and support programs for parents and families, and efforts to increase teachers' skills in working with families. Participants will also complete existing after session evaluations.

Other Marinette County Programming Efforts:

In addition, this educator will support other educational opportunities for Marinette County residents through the following programming efforts:

- ❖ Marinette County Association for Home and Community Education – facilitate "Thriving with Your Spirited Child" project lesson, open to all community members on Monday, November 5, 2007.
- ❖ Provide continuing education trainings for child care providers in the county including the "Better Kid Care" satellite programs out of Penn State, as well as other specific trainings, such as an abuse and neglect training planned by this educator for February 8, 2007 in collaboration with Marinette County's Human Services Department.
- ❖ Cross programming office team efforts including educational offerings at Marinette County's Harmony Arboretum in collaboration with the agriculture/horticulture office team members. As well as, planning family events through the M&M Fatherhood Alliance in collaboration with the 4-H office team. Another cross programming effort includes the Extension Education Tent at the Marinette County Fair.

- ❖ Provide one-on-one budgeting/financial education to Habitat for Humanity families in Marinette County.
- ❖ Provide parenting resources to the Healthy Youth Coalition of Marinette and Menominee Counties, as well as other community members on an as needed basis including Marinette County social workers, parent aids, and WIC clients.

Professional Development

- Participate in Family Living District Inservices/Conference Sessions/Wislines planned by the **Eating Well and Being Active** state team.
- Participate in Family Living District Inservices/Conference Sessions/Wislines planned by the **Family Caregiving** state team, including “Elder Care and Work: Finding the Balance” training.
- Attend Family Living Program’s state conference, January 30-31, 2007.
- Attend Joint Council of Extension Professionals conference, April 17-19, 2007.
- Attend “Pathways to Financial Success” conference, June 26-27, 2007.
- Attend National Extension Association for Family and Consumer Sciences conference in St. Paul, MN, September 17-20, 2007.
- Attend two-day Multicultural Awareness Workshop sponsored by UW-Extension and University of Wisconsin Colleges.