

**Family Living Programs  
2010 Annual Plan of Work for Nancy Crevier  
Marinette County – Family Living Educator**

**Eating Well, Being Active**

**Situation Analysis/Priority Setting**

According to the 2008 Wisconsin County Health Rankings, Marinette County has the seventh highest number of obese residents in the state (compiled by the University of Wisconsin Population Health Institute). Nearly 2 of every 3 adults in Wisconsin (65%) are overweight or obese. Wisconsin's obesity rate has more than doubled since 1990 and our state now ranks 16<sup>th</sup> highest in the United States. Obesity is a major factor in the development of chronic health conditions, often leading to high health care costs. Limited access to health care in Marinette County and the high cost of health insurance have brought the need to focus on nutrition education and the promotion of physical activity to the forefront. To substantiate this even more, a needs assessment process developed by the county's public health department during 2006, also identified obesity as one of the top three county wide health issues. Data from the National Health and Nutrition Examination Survey (NHANES) 1971-1974 and ending with the 2003-2004 survey indicate the prevalence of overweight among school-aged children, aged 6-11 years old has increased from 4.0% to 18.8% (CDC, 2007). In 1995, 8.4% of low income children ages two to four years old assessed by the Marinette County WIC program were certified with overweight as a nutritional risk factor (weight for height greater than 95<sup>th</sup> percentile), by 2006, that percentage increased to 19.6%.

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.

(WNEP cost share matches on 25% of this educator's time.) The Community 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**

Provide 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**

During the 2009-10 school year, monthly nutrition presentations (30-45 minutes in length) will be provided by this educator to over 165 children in four-year-old kindergarten programs through third 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, 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, fruit and vegetable consumption, healthy snacking, etc. Physical activity will be promoted and incorporated into each lesson. A monthly handout for the teachers regarding the lesson topic will also be developed and distributed after each teaching event. This handout will explore the topic in more depth and will supply additional information for use in their classroom.

### **Evaluation of Strategy #1**

1. Twelve 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. Staff members will also be asked to formally evaluate the effectiveness of the monthly handouts developed specifically for the teaching staff.
3. 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 fruit and vegetable consumption 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**

During the 2009-10 school year, a series of eight nutrition presentations (30 minutes in length) 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 through ongoing implementation of action plans. Future funding opportunities will be explored including grant opportunities through the WI Department of Health Services-Nutrition, Physical Activity and Obesity Program. The Partnership for Community Wellness, a project to increase fruit and vegetable consumption in low-income families with children in Marinette and Oconto Counties which was funded by the Wisconsin Department of Health Services - Nutrition, Physical Activity and Obesity Program will be completed in June 2010.

### 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 Community Wellness Partnership will continue to be facilitated by this educator. This includes serving as the primary facilitator for future strategic and work plan development by the coalition.

### **Evaluation of Strategy #1**

Community Wellness Partnership members will be surveyed by this educator in June 2010, at the completion of the Partnership for Community Wellness project to assess the coalition's effectiveness to meet the project's goals and objectives.

## **Eating Well, Being Active State Team Efforts:**

This educator will continue to serve as a member of the Eating Well, Being Active state team. In addition, this educator will continue to represent UW-Extension on the state wide Coalition Support Workgroup in collaboration with the WI Department of Healthy Services-Nutrition, Physical Activity and Obesity Program. This also includes ongoing collaboration to support local coalitions with Healthy Wisconsin Leadership Institute and the Nutrition, Physical Activity and Obesity Program.

## **Aging in Our Communities**

### **Situation Analysis/Priority Setting**

Over ninety percent of older adults (those 65 years and older) in Marinette County live out in the community. Family caregivers often play an important role in helping these individuals live independently. This trend will be continuing in Marinette County as our aging population increases (according to the WI Department of Administration Demographic Service, by 2030, the projected population of individuals aged 65 years or older in Marinette County will be over 27% of our total population), and as long term care reform progresses across the state.

It is estimated that nearly one out of every four United States households is involved in caring for a person age 50 or older. Half of all caregivers (50 percent) provide care for at least 8 hours a week and a fifth (20 percent) provide 40 hours or more per week to those needing long-term care. Caregiving can take a heavy toll on the health and wellbeing of the caregiver. Of the caregivers who provide intensive caregiving (more than 21 hours of care a week), more than half (61%) suffer from depression. In addition, a shrinking number of family members also means there will be fewer people to share caregiving responsibilities.

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.

With an ever increasing senior population in Marinette County, maintaining long term health and well-being becomes a priority. Recent research has demonstrated the importance of maintaining cognitive functioning in the elderly. A cognitively active person in old age is 2.6 times less likely to develop dementia than a cognitively inactive person (Wilson, et al., 2002). Wang, et al., (2002) found that frequent engagement in

mental, social and productive activities is inversely associated with the incidence of dementia. Stimulating activities for seniors is important to preserving mental functioning. Marinette County Elderly Services' is being proactive related to this research. They have invited this Family Living Educator to explore opportunities for collaboration to offer educational/activity based cognitive functioning programs to encourage participants to engage in activities to promote brain health.

## **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:**

1. Family caregivers will improve their personal well-being.
2. Family caregivers will improve their decision making skills related to their caregiving roles and responsibilities.

#### **Medium Term Outcome:**

Caregivers increase their awareness and use 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 2010 in collaboration with Marinette County Elderly Services in various locations throughout the county. The first course in 2010 is planned for April 13 – May 18 at the Senior Citizen's Center in Marinette. "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 the existing retrospective post-then-pre curriculum evaluation.

## **Priority Program #2**

Facilitate “Breakfast for Your Brain”, an educational/activity based cognitive functioning program designed to be used in a group setting. The underlying mission of the program is to encourage well-elderly to make lifestyle changes to realize the benefits of consistent mental exercise combined with a commitment for physical activity and good nutrition.

### Long Term Outcome:

Participants will make lifestyle changes to improve their overall health and personal well-being.

## **Implementation Plan (inputs/outputs)**

### Strategy #1

“Breakfast for Your Brain”, the twenty hour training curriculum will be facilitated by this educator in 2010. This will be in collaboration with Marinette County Elderly Services. The program is tentatively scheduled for summer of 2010 in Marinette.

## **Evaluation of Strategy #1**

Participants in “Breakfast for Your Brain” will be asked to complete pre- and post-Mental Fitness Evaluations provided by the curriculum.

## **Family Caregiving State Team Efforts:**

This educator will continue as a member of the state Aging in Our Communities team, supporting team efforts statewide. In addition, this educator will work to expand my role as a member of the family caregiving relationships Community of Practice within eXtension.

## **Parenting Education**

### **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. Child care programs provide important preventive services, often taking on the role of family resource centers in communities that lack such services. This is especially true in Marinette County, a rural county which lacks a family resource center. Child care providers are viewed as the "experts" in child development. They connect parents to community resources, model developmentally appropriate parenting practices and provide education related to stages of child development. Parents and providers working together in partnership create healthy environments and long term benefits for children.

### **Intended Outcomes for Priority Programs**

#### **Priority Program #1**

Facilitate ongoing child care provider trainings in 2010 to meet the educational and professional needs of providers within the county. Training topics will be based on the identified needs of the providers, as well as needs identified by the Family and Childcare Resources of N.E.W., the Community Childcare Connections, Inc. serving Marinette County. Training events will provide participants with ideas for developmentally appropriate, best practices to apply in their child care programs.

Medium Term Outcome: Early care and education providers will implement developmentally appropriate, best practices in their child care programs.

Short Term Outcome: Early care and education providers increase their awareness and knowledge of developmentally appropriate, best practices.

### **Implementation Plan (inputs/outputs)**

#### **Strategy #1**

Five, two-hour training events will be planned in 2010 for Marinette County child care providers. Three have been planned for the winter/spring of 2010. These include:

- “Building Protective Factors with Families”, January 25, 2010 at the Zion Child Development Center in Peshtigo.
- “Children and Divorce”, Thursday, February 4, 2010 in Marinette.
- “Fostering Early Literacy Skills”, Thursday, April 29, 2010 in Marinette.

### **Evaluation of Strategy #1**

Program participants will complete retrospective post-then-pre evaluations to provide program feedback.

### **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 project lesson, open to all community members on Monday, November 8, 2010.
- ❖ Facilitate Poverty Awareness for Community Engagement (PACE) workshops in two Marinette County locations in collaboration with the Marinette School District and the Pembine School District.
- ❖ 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.
- ❖ Provide parenting resources to Marinette County Health and Human Services for distribution to community members and clients. A display will be provided for the lobby of the Health and Human Services building covering a variety of parenting topics. This will include related parenting handouts.

## Professional Development

- Participate in Family Living District Inservices/Conference Sessions/Wislines planned by the **Eating Well and Being Active** state team for 2010.
- Participate in Family Living District Inservices/Conference Sessions/Wislines planned by the **Aging in Our Communities** state team for 2010.
- Participate in Wislines/training events planned by the **Healthy Couple Relationships** workgroup for 2010.
- Attend Joint Council of Extension Professionals conference, April 6-8, 2010.
- Attend *Raising a Thinking Child* curriculum training on April 28, 2010.
- Attend Wisconsin Health Education Network Conference in Middleton on April 22, 2010.
- Continue to explore professional development opportunities related to environmental strategies to address obesity prevention, as well as strategies to support coalition working to create healthy communities.

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