

FY06 Narrative Plan for Sheboygan County

Overview of the Sheboygan County Nutrition Education Program

The Sheboygan County Nutrition Education Program (WNEP) was established in November 1993. County agency resources analyzed there was a definite need for low-income/Food Stamp-eligible residents to adequately increase knowledge of nutrition for themselves and their families. A variety of collaboration efforts with various community agencies are essential to increase residents' knowledge. Focus areas are in nutrition, food safety, resource management, food security and incorporating physical fitness with healthy eating styles. Using research based materials and curriculum through USDA and Extension, families and individuals become more self-sufficient.

Characteristics of the low-income residents in Sheboygan County

Demographics of the County

There was an increase in population in Sheboygan County between 2000 and 2003 – from 112,646 to 113,376. 74.5% of residents are 18 years old and older (14% of residents are 65 or older). The median age is 36.8 years old. Sheboygan County has 5.2% of its population living below the poverty line. The population in Sheboygan County is 92.7% white, 1.1% African American, 3.3% Asian, and 3.4% Hispanic. Of the population over 5 years old, 8.7% of residents speak another language other than English at home. 5.8% of resident's have less than a 9th grade education, 6.5% enrolled in a school but are not high school graduates.

Food Insecurity in the County

The local food bank and pantries have seen a 20% increase from 2004-2005 in residents needing help subsidizing their food supply. According to the Wisconsin Department of Workforce Development, the number of people employed in Sheboygan has fallen from 25,820 in April 1997 to 24,799 in January 2005. In 2004, 1000 jobs were created in the hospitality area. These new jobs were not union jobs like the jobs that perished and the pay rate was considerably lower without benefits. People have jobs but their incomes are considerably less where they need help subsidizing heating bills, using emergency food resources and other community resources. In 2003 there were 6036 Food Stamp participants in Sheboygan County – 5.4% of the population, including 1.2% of Seniors and 10.5% of children in Sheboygan County participate in the Food Stamp program. Many senior citizens do not participate in Food Stamp assistance but do eat at Senior Meal Sites. There has been a considerable increase of participants at the Senior meal sites in the past two years. From 1999 to 2003 there has been a 128% increase in adults participating in the Food Stamp program and a 106% increase in the participation of children. The WIC program served 3000 women, infants, and children in Sheboygan County in 2003, up 18% from 1995 levels.

Nutrition and nutrition education needs of Food Stamp Program recipients and other low-income residents of Sheboygan County

In Sheboygan County there is a wide range of low-income residents that are in need of nutrition education. Among adults, 39% are overweight and 24% are overweight for a total of 63% of adults in Sheboygan County who weigh more than is recommended for good health. The prevalence of obesity tends to be higher among adults with the least education and incomes.

In 2001, 12% of low-income Sheboygan County children ages 2-4 participating in WIC were overweight. As the rates of overweight and obesity increase in Wisconsin, so do rates of several chronic diseases, especially diabetes. In Wisconsin, an estimated 327,000 adults (8%) had diabetes in 2000 (112,000 undiagnosed). In the 2002 Behavioral Risk Factor Survey, 77% of Wisconsin residents said they consume less than the recommended 5 servings of fruits and vegetables daily. Following a diet that complies with the Dietary Guidelines for Americans has been associated with a lower risk of mortality among individuals age 45 and older in the U.S. About 16% of overall mortality in men and 9% in women could be eliminated by the adoption of healthier dietary behaviors. The working poor have difficult challenges in providing nutritious meals for families. Children of full-time working mothers tend to have lower overall diet quality.

WNEP staff will work with age levels from 4 years old to 100 years old. The goal of nutrition education program in Sheboygan County is to work with a variety of agencies collaborating to reach many residents of different ages, cultures, from rural to urban areas in the various communities that are food stamp eligible.

WNEP will help low income/food stamp eligible county residents make healthy food choices, increase dietary practices to maintain a healthy diet, decrease child obesity due to higher prevalence of health conditions related to poor nutrition and incorporating physical fitness into lifestyle to change their behaviors. Target audiences will be women with children, children and youth who are food stamp eligible, single adults and elderly participants. Collaborations, cross-programming within our office, partnerships, referrals and a Hunger Coalition will be developed.

Educational Projects planned for FY06

Health & Human Service/Sheboygan County Mental Health (Open Door)-WNEP

Coordinator will be working with Mental Health clients at Open Door (a recreational and leisure center for adults with mental illness). Meeting times will be two times a month/ 24 times a year. Some topics will include preparing meals from scratch using donated and commodities, stretching food dollars through learning how to food budget, menu planning, food safety, and learning how to use community resources.

Salvation Army Homeless Shelter-The WNEP Coordinator will meet with homeless clients helping them learn how to budget their food costs, make meals from scratch, stretching food dollars through menu planning, writing grocery lists, learn how to make one dish meals using master mix, making sauces and using community resources to stretch their food stamps for the month. Nutrition educational activities will be incorporated into lessons as well as food safety activities. WNEP Coordinator will meet with clients two times a month.

Community Free Clinic-The WNEP Coordinator will meet with low-income clients waiting to get medical services at the free clinic. The evening meetings will occur once a month. Learn-while-you-wait education activities will be incorporated with a major focus in food safety and nutrition.

Senior Meal Sites-The WNEP Coordinator will work at all 10 senior meal sites within Sheboygan County. One site will be visited per week. Topics will include nutrition, food safety, food resource management and various other topics including the Food Guide Pyramid, calcium, fiber and 5 a day.

Boys and Girls Club of Sheboygan-The WNEP Coordinator will work with Boys and Girls staff and the 4H agent developing a children's community garden. Children 5-17 years old will

learn how to plan, grow and maintain a garden. The WNEP Coordinator will incorporate nutrition lessons, activities and cooking classes to help children learn how to safely, nutritiously prepare vegetables from the garden. Gardening activities will take place at least 1 time per week during the gardening season (May-October). Nutrition activities will take place two times a month for the year. (24 times a year).

Sheboygan Area School District-The WNEP Coordinator will work with the Food Service Director of Sheboygan County and principals to plan nutrition activities with children that receive free and or reduced price breakfast. Lessons will be at least one time a month within the 7 schools that have free and reduced price breakfast (12 times a year). Children will learn the importance of eating a healthy breakfast, the food guide pyramid, how to prepare healthy snacks, food safety measures and 5 a day. The Early Learning Center will have quarterly nutrition education programs for parents that have English as a second language, and parents that are working on their GED.

Sheboygan Area School District-The WNEP Coordinator will develop two classes/in-services designed for parents of children in the school district to learn about healthier eating. Classes will consist of hands-on food preparation, menu planning and stretching food dollars. One class will be in the Fall and the other in the Spring.

Lutheran Social Services-The WNEP Coordinator will work at Project Independence teaching classes one time a month/12 times a year. Clients are adults with early stages of Alzheimer's disease. Class topic areas will be in food safety, menu planning, food guide pyramid and budgeting.

Health and Human Services/WIC- The WNEP Coordinator will work at the WIC Clinics 2 times a month (24 times per year) for coupon pickup dates and one time a month (12 times a year) for the Hmong and Hispanic (non-English speaking) pickup days. Learn-while-you-wait educational programs will cover food safety, nutrition, food security and food resource management topic

Food Security Programming Efforts Planned

Methods planned to **compile data and assess status** of food security:

Utilize Census and WNEP data. Use evaluations in programming (WNEP evaluations) and work with other agencies using their statistics. Develop new programming where data states are needed within the county and with feedback from community leaders and agency leaders.

Plans to **increase involvement of community groups** in efforts to address food insecurity- WNEP Nutrition Education Coordinator will work with Food Security Specialist Kadi Row to establish a Hunger Task Force within Sheboygan County. Task Force could consist of WNEP and Extension staff, local county board members, county government officials, local food company representatives and grocery chain managers, Food pantry and food bank representatives, WIC, Health and Human Service department managers-Head of Health and Human Service department, Job service center, Community mental health, local police department staff, Salvation Army staff, Boys and Girl Club of Sheboygan staff, local college professors, local county residents, school teachers and principals, food service director of Sheboygan county schools, after school directors, Head Start and Even Start and local newspaper and radio station representatives for publicity. Monthly meetings will be established with efforts/needs first prioritized. Subcommittees will next be developed for further collaboration efforts to increase hunger awareness and decrease hunger needs within the community. Two

articles will be written for SHARE (food buying program) to increase Wisconsin and MI. awareness about food security. Articles will be written for the months of October and April. Being an active member of the Sheboygan County Childhood Obesity Coalition and Sheboygan Area School Physical Fitness grant will help increase involvement to address food security issues within the community.