

Plan for Food Stamp Nutrition Education in Douglas County during fiscal year 2008

Overview of Food Stamp Nutrition Education in Douglas County

The Wisconsin Nutrition Education Program (WNEP) in Douglas County began in November, 1994. The Douglas County Nutrition Education Program continues to have strong partnerships with the Superior School District, Head Start, Douglas County Health and Human Services, Northwest Wisconsin Community Service Agency (CAP agency) and Aging Resource Center. In the Superior School District there has been increased demand for programs in the K-5 classrooms and the number of visits to each grade will be increasing to meet that demand in FY08. As well, an additional elementary school in the Superior School District is income-eligible for NEP programs in FY08. One rural county school district, the St. Croix school district in Solon Springs, will receive limited programming to K-1 classes that are income eligible. The After School programming will be decreased after prioritizing our programs and because funding for the After School program is unsure. Head Start programming for parents continues to grow and programs will be increased to include some home-based and Early Head Start parents and children on socialization days. The Douglas County Health and Human Services has increased requests for programming with Well Women and Health Check clients as well as individual referrals from Public Health Nurses and Social Workers. Programs with the local CAP agency will grow with more time at the food pantry and some parent classes with the WIC Program. Programs with the Aging Resource Center have been decreased over the years based on program goals and client input. Adult education, multi-session classes and food preparation classes continue to be a focus in FY08 along with the growing school programming.

Characteristics of the low income residents in Douglas County

Demographics of Douglas County

Douglas County has a population of 43,287. The 2000 census indicates that minorities make up 3% of the population with .6% Black, 1.8% Native American and .6% Asian. The median age of county residents is 37.7%. Residents age 65 and over make up 14.5% of the population and 76.4% are 18 years or older. In 2000, Douglas County had 20,356 households with an average of 2.4 per household. The median income was \$35,226 in 2005. The number of individuals living below the poverty line was 4,605 or 11% of the county population compared to 8.7% for the state of Wisconsin. The poverty rate for children in Douglas County was 13.3%, compared to 10.8% for the state of Wisconsin.

Food Insecurity in Douglas County

In 2005, there were 5,465 county residents receiving food stamps, or 12.6% of the population and 24.5% of children. Food Stamp participation increased 45.97% from 1999 to 2005. Other food security indicators include school breakfast, school lunch, and summer meal programs. The percentage of children in Douglas County approved for free or reduced lunch was 41.27% in 2005. The percent increase in school lunch participation was 11.78% from 1999 to 2004. There are four schools in Douglas County-all in the City of Superior-that have greater than 50% of their total enrollment who qualify for either free or reduced lunch. The percent of high poverty lunch sites that serve breakfast is 78%. There are several community efforts that address the food insecurity problem in Douglas County. Douglas County has a strong Summer Feeding Program with 18 feeding sites run jointly with the City of Superior Park and Recreation Department and the Superior School Food Service with an average daily attendance of 718 children. Douglas County has 6 food pantries with four located in the City of

Superior and three in various parts of rural Douglas County. Douglas County also has the Food Share program and two sites for free community meals.

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

There are many factors that exist in Douglas County that show a need for the Nutrition Education Program among Food Share recipients-youth and adult. The Douglas County poverty rate is 11% and the child poverty rate is 13.3%. The USDA's Healthy Eating Index scores that measure the dietary quality of Americans show a decrease in diet quality as the levels of education and income go down. According to the 2006 County Health Rankings, 61% of Douglas County residents are overweight and 22% are obese. According to the 2006 County Health Rankings, 86% of Douglas County residents consume less than 5 servings of fruits and vegetables a day. This is about 10% higher than the state of Wisconsin average. According to 2005 YRBS data Wisconsin youth intakes of fruits and vegetables are very low. Just 2% of Wisconsin youth reported having 5 servings of vegetables a day. Twenty-six percent of youth reported having no servings of vegetables and 17% of youth reported not having any servings of fruit. According to the 2006 County Health Rankings, 53% of Douglas County residents are inactive, 7% higher than the state of Wisconsin average.

Educational Projects planned for FY08

In School: Teach dietary quality and food safety topics to K-5 in 4 elementary schools in Superior and K-1 in Solon Springs Elementary School.

After School/Summer School: Teach dietary quality and food safety topics to K-5 after School children in 2 elementary schools in Superior during school year and in summer school. Teach dietary quality topics to grades 4 & 5 in summer school in Superior Elementary school.

After School/Summer School: Teach dietary quality topics to K-5 children at 3 parks in Superior at Summer Feeding Program in form of a nutrition carnival.

Parents: Teach dietary quality topics to parents of preschoolers at Family Resource Center and to parents of Head Start, Early Head Start, and home-based children using multi-session classes that include cooking.

WIC: Teach dietary quality topics to parents on WIC pick up days using flipcharts and walk-by displays and at farmer's market using walk-by displays.

Food Pantries: Teach dietary quality topics to food pantry clients at Northwest Wisconsin Community Services Agency (NWCSA) with food samples using food pantry foods.

Adult Groups: Teach dietary quality topics to clients in NWCSA Transitional Housing Program, Center, Harbor House family shelter, Human Resource Center-Chemical Dependency unit, and Center against Domestic Violence shelter.

Health Clinics: Teach dietary quality topics to Well Women and Health Check clients and referrals from public health nurses and county social workers/case managers.

Preschoolers: Teach dietary quality and food safety topics to Head Start children in 2 centers in Superior and Brule Center.

Senior Dining: Teach seniors at 9 meal sites in Superior and rural Douglas County.

Food Security Programming Efforts Planned

Methods or activities planned to raise awareness of hunger/food insecurity

No specific plans for hunger/food insecurity activities for FY08. There are several poverty simulations and Bridges out of Poverty planned for FY08 under the direction of Douglas County UW-Extension Family Living Educator. The Superior School District Food Service Director continues to work hard to get School Breakfast programs in all schools and has increased participation in both the breakfast program and the school lunch program. The Hunger Close to Home power point will be presented in the community.

Methods planned to compile data and assess status of food security

There is data compiled regularly at the main food pantries in the City of Superior that tell the number of food pantry visitors that are on Food Share Program. The total number of visitors to the food pantries is tracked at all food pantries in Douglas County.

Plans to increase involvement of community groups in efforts to address food insecurity

A community coalition-Anti-Poverty Action Coalition has been formed in 2007 that is looking at the whole range of poverty issues with homelessness and food insecurity being key issues. A wide variety of community partners are involved with hopes to go beyond poverty and food insecurity awareness to action. The Douglas County UW-Extension Family Living Educator and WNEP Coordinator have been involved in activities of the coalition and are a resource for the group.