

Plan for Food Stamp Nutrition Education in Calumet, Outagamie and Winnebago Counties during fiscal year 2008

Overview of Food Stamp Nutrition Education in Calumet, Outagamie and Winnebago Counties

The Wisconsin Nutrition Education Program (WNEP) began in Calumet, Outagamie and Winnebago Counties in 1992 with the primary purpose of improving the nutritional status of the food stamp eligible population. Calumet County left in 1994 but returned in 2003. An educator bilingual in Spanish and English was added in 2001 to meet the needs of the growing Hispanic population. The need for Breast Feeding Education for Hispanic women had been identified by the Special Supplemental Nutrition Program for Women, Infant & Children (WIC), particularly in Calumet County in 2005. The bilingual educator, trained in 2005 as a certified Breast Feeding Educator, began teaching Hispanic women the benefits of breastfeeding in 2005/2006. This will continue in 2008. The National Center for Health Statistics 1999/2002 data on children showed Mexican/American children ages 6-11 were more likely to be overweight (22%) than non-Hispanic black children (20%) and non-Hispanic white children (14%). These statistics illustrate the need for early intervention with Hispanic families. The WNEP program in Calumet, Outagamie and Winnebago Counties has had an educator bilingual in Hmong/English since the program began to provide outreach to the Hmong population. The introduction of new Hmong refugees from Thailand to the Fox Cities beginning in 2004 has re-emphasized the necessity of an educator fluent in Hmong. WNEP will continue efforts in 2008 to educate new Food Stamp recipients at the time of enrollment in all counties on Food Resource Management. Efforts in 2008 will emphasize working with families with young children primarily through WIC, Head Start and the Healthy Kids Coalition, a childhood obesity coalition who is targeting families with young children. Project Promise, a Fox Cities (Outagamie County) initiative on poverty features community activities to engage the community in education, awareness, and action around poverty. The WNEP role is involvement in Diversity Circles on Poverty, Poverty Simulations and community action plans to address poverty.

Characteristics of the low income residents in Calumet, Outagamie and Winnebago Counties

Demographics of the Counties

Calumet County-Population 40,632; 96% White; 2% Asian/Pacific Islander; 1.5% Hispanic.
Outagamie County-Population 159,401; 94% White; 2.5% Asian/Pacific Islander; 2% Hispanic.
Winnebago County-Population 156,763; 95% White; 2% Asian/Pacific Islander; 2% Hispanic.
Census 2000 data shows an increase of 225% in the Hispanic population in Outagamie County and a 168% increase in Winnebago County.

Social Demographics: In *Calumet County*, 4.9% (1,860) speak a language other than English at home; *Outagamie County*, 6% (8926); and *Winnebago County*, 5.7% (8454).

Food Insecurity in Calumet, Outagamie and Winnebago Counties

Calumet County-Poverty rate is 3.5%; 4.9% (1463) of the population receives food stamps; 16.1% of children participate in reduced-price or free lunch; 81% (1068) of eligible children are served by WIC. There are six congregate meal sites serving 12,328 meals and 13,034 home delivered meals.

Outagamie County-Poverty rate is 4.7%; 5.7 % (9,144) receive food stamps; 19.1% of children participate in reduced-price or free lunch; 87.4% (4,328) of eligible children are served by WIC. One summer meal program serves 266 students per day. There are 9 congregate meal sites serving 32,266 meals and 36,844 home delivered meals. There are four Farmer's Markets accepting WIC nutrition program vouchers as well as a Community Gardens program.

Winnebago County-Poverty rate is 6.7%; 7.4% (9249) of the population receives Food Stamps; 23.3% of children participate in reduced-price or free lunch; 70.7% (4,436) of eligible children are served by WIC. All three counties showed an increase of 1-3% of children receiving a reduced-price or free lunch. A 2005 School Food Security Survey conducted in five Oshkosh Area School District Elementary Schools showed food insecurity in the schools, even schools that were not considered low income (50% or more receiving reduced-price or free meals). Two summer meal programs serve 233 students per day. There are 12 congregate meal sites serving 70,953 meals and 63,743 home delivered meals. There are four Farmer's Markets accepting WIC nutrition program vouchers as well as a Community Garden's program. A 2002 survey of Wisconsin WIC families indicated that 44% of the families were food insecure and 19% of the families were food insecure with hunger. WIC will continue to be a primary focus of WNEP efforts in each county.

Nutrition and nutrition education needs of Food Stamp Program recipients and other low-income residents of Calumet, Outagamie and Winnebago Counties

According to data from the Wisconsin Behavioral Risk Factor Survey, 68% of males and 48% of females are overweight or obese in Wisconsin. In Outagamie County, 32% of adults are overweight and 20% are obese; in Winnebago County, 42% are overweight and 23% are obese. The 2010 federal target is to reduce obesity to 15%. In Outagamie County, 13% of adults participate in regular and vigorous physical activity (20 minutes or more at 50% aerobic capacity, 3x or more per week) and 9% of adults in Winnebago county participating in regular and vigorous physical activity. Data is not available for Calumet County. Cardiovascular disease is a major health concern due to high death and disability rates. In Calumet County, there are 66 deaths per year; Outagamie County, 300 deaths per year; and Winnebago County, 337 deaths per year attributable to heart disease. Obesity and overweight may be a result of poor diets and sedentary life styles which contribute to cardiovascular disease and diabetes. Age is an additional risk factor for diabetes, 18% of Wisconsin residents 65 and older have diabetes. The Departments of Aging in the three counties and the Low-Income Housing Projects (Outagamie and Winnebago) have expressed the need for nutrition education for the elderly. WNEP educators work in partnerships with these agencies to meet the educational needs of low-income individuals over the age of 65. The National Center for Health Statistics, 2004, "Health Behaviors of Adults" research states that the prevalence of obesity is significantly higher among adults with the least amount of education and income. Overweight and obesity is not only a concern for adults but youth as well. The National Center for Health Statistics, Centers for Disease Control and Prevention (1999/2000) reports that 15% of children and adolescents (ages 6-17) were overweight, up 10% from the 1960's and 1970's. Physical activity declines as children get older. The Northeast Wisconsin Kid's Coalition for Activity and Nutrition is addressing obesity issues in Northeastern Wisconsin and the Fox Valley. In the Fox Valley, the obesity coalition, Healthy Kids Coalition is partnering with health care providers, WIC directors, Head Start directors, and other agencies and organizations with a 2007/2008 emphasis on the health of young children in the Fox Valley. The Healthy Kids Coalition is targeting parents with

young children through day care centers, WIC and Head Start. Calumet County has a Healthier Calumet County committee to address obesity issues. Breast Feeding education for Hispanic women in Calumet County encourages healthier babies. The WNEP partners with Head Start, WIC, the YMCA and Boys & Girl's Club after school programs in low income schools to address the obesity issues with these audiences.

The L.I.F.E. in Winnebagoland 2002: Local Indicators for Excellence stated that according to the Wisconsin Department of Health and Family Services, the National and State goal is to have at least 90% of women receive prenatal care during the first trimester of pregnancy. Since 1997, Winnebago County has been below the goal. A partnership with WNEP, Winnebago County Public Health, and other agencies addresses the needs of Hispanic women through the prenatal classes, "Comenzando Bien."

A 1999 survey of 1,000 U.S. households found consumers fail to store, handle, and cook food safely. For example, 44% forgot to wash their hands properly before preparing meals. Although 78% knew it was important to prevent contamination of cutting boards, 11% rinsed or wiped off cutting boards without using soap. Only 12% of consumers always used a meat thermometer. Since improperly handled and prepared food may lead to food borne illness, continued training in this area is important for WNEP clients.

Educational Projects planned for FY08

School Day: WNEP will partner with the Appleton Area School District and the Community Gardens Education Advisory Committee to work with Columbus Elementary School (77% of the students receive a reduced or free lunch) on educating students on proper hand washing, washing of fruits and vegetables, and the benefits of eating more vegetables. Columbus has a new teaching garden at the school. In Wisconsin, a 2003 WNEP survey of 700 low-income persons responded that only 39% serve their families two or more vegetables per day. Growing their own food and increasing vegetable consumption improve health and increase food security for low-income families.

After School Programs: The WNEP program partners with the Oshkosh Area School District to provide education at the free breakfast and lunch program in the summer. Low-income schools in Outagamie and Winnebago benefit from education at four low-income schools in partnership with the Oshkosh and Appleton Area School Districts, the Boys & Girl's Clubs, and the YMCA. The Youth Curriculum Sourcebook and Fun, Food & Reading are the primary curriculums used to teach nutrition education. Food Safety education is incorporated into all lessons involving food preparation in multi-session groups. A community garden at Columbus Elementary School, Outagamie County, will educate students on growing your own food, food safety with vegetables, and consumption of vegetables.

Preschoolers: The Healthy Kids Coalition Beverage Committee is piloting five lessons at a Head Start Center and a daycare center to educate parents and preschoolers on healthy beverage choices. Consumption of sweetened beverages is a contributing factor to childhood obesity.

WIC: WNEP has strong partnerships with WIC programs in the tri-county area. Parents are educated in Calumet County through Breast Feeding Education, learn-while-you-wait education

during check pick up days, and one-on-one education. Classes utilizing the curriculum, “Sisters in Health” are conducted for Hispanic women who are WIC recipients. In Winnebago and Outagamie counties, the WIC directors and WNEP Coordinator co-chair educational efforts on the Healthy Kids Coalition Beverage Sub-Committee. A fall pilot project aimed at parents of young children will address healthy beverage choices.

Parents: Parents are reached by WNEP through learn-while-you-wait education at food pantries, WIC sites, Head Start, and other locations where families may gather. Educational materials are sent home to parents from after school programs and other programs geared to children. The New Holstein Public Library, Calumet County, will host, “Sisters in Health” for Hispanic families during a monthly family night. Fun, Food & Reading will target low-income children at after school reading programs at Appleton Public Library, Outagamie County, and at the New Holstein Public Library. Another new program in 2007/2008 are classes for teen parents and pregnant teens in Outagamie County on prenatal nutrition using the “Healthy Beginnings” curriculum. Feeding yourself and your infant will also be taught. These classes will include teenagers who are Hmong.

Job Centers: FoodShare recipients will receive food resource management education when being oriented on the food share program at W-2 offices in Calumet, Outagamie & Winnebago counties. Money for Food is the main curriculum used to educate client one-on-one and in one-time groups. Multi-session groups will also occur in Winnebago County at Job Centers in Oshkosh and Neenah. These programs are a primary educational effort in the Tri-County WNEP program because they provide a direct link to food share recipients as they receive food share.

Community Gardens: The Nutrition Coordinator is a member of the Community Gardens Advisory Group and the Community Gardens Education Sub-committee. New and Rusty Gardener trainings will be held at the Salvation Army, Goodwill Industries, and the Hmong American Partnership with WNEP providing education on food safety and nutrition education related to vegetables. Classes will be taught in English and Hmong. WNEP works with the teaching gardens and two school sites in Outagamie County on curriculum and resources for educating gardeners and teachers at the schools.

Health Clinics: Educators teach at the City of Appleton Interpreter Assisted Clinic to provide outreach to Hispanic and Hmong families through learn-while-you-wait education. The Tri-County Health Clinic has prenatal classes for Hispanic women in a multi-session group called, “Comenzando Bien

Disabled: One-time group classes and multi-session classes will be taught to cognitively disabled adults at the Good Hope Center in Chilton, Calumet County, and at the UW-Extension office, Oshkosh, Winnebago County, in collaboration with the Winnebago County Dept. of Health and Human Services. Cooking classes are taught to assist low-income clients with self-sufficiency and nutrition education.

Senior Dining: Educational programming is provided at 11 congregate meal sites in Outagamie and Winnebago Counties. WNEP staff teaches multi-session classes relevant to senior health and

nutrition. Seniors are also taught through the Oshkosh Housing Authority low-income resident facilities.

Food Pantries: WNEP will continue to provide Learn While You Wait education at 11 food pantries in Calumet, Outagamie and Winnebago counties. This includes: Advocap (Winnebago), Salvation Army (Calumet, Outagamie and Winnebago), two meal sites plus two food pantries at churches (Winnebago), and St. Joseph's (Tri-County), a self-supporting food pantry. New classes have been added in 2007/2008 at Salvation Army in Calumet and Outagamie counties using commodity foods to plan and prepare meals. A class specifically for Hmong audiences has also been added at the Salvation Army in Outagamie County.

Food Security Programming Efforts Planned

Methods planned to raise awareness of hunger/food insecurity

The WNEP program will raise awareness of hunger/food insecurity through the following community collaborations or committees: Hmong/American Partnership; Hispanic Interagency group; Latino Link; Fox Cities Community Council; Winnebago County Collaboration Workgroup; and the Oshkosh Hunger Task Force. These committees are attended monthly by a WNEP representative. Additional effort will be made in 2007/2008 to raise awareness of hunger/food insecurity with these agency representatives. The Hunger Task Force provides a current updated list of food pantries in Oshkosh. WNEP educators distribute these lists to clients and agencies. The Hunger Task Force raises awareness of hunger/food insecurity through the Mail Carrier's Food Drive, Celebration of Lights, and the Boy Scout Food Drive. The data from the School Food Security Survey conducted in the Oshkosh Area School District in Fall 2005 will be used to develop awareness of families that are food insecure in the elementary schools. Project Promise, a Fox Cities (includes Calumet, Outagamie and Winnebago counties) initiative on poverty in 2007 included Diversity Circles on Poverty, Fox Cities Reads, "Nickel and Dime: Not Getting By In America," book discussions; Financial Fitness; Poverty Simulations, and Financial Literacy. The WNEP Coordinator will be involved in action plans to continue with engaging citizens in education, awareness, and action plans related to poverty.

Methods planned to compile and assess status of food security

The WNEP Wisconsin Food Security Project Website is a primary source to compile county data and assess the status of food security for Calumet, Outagamie, and Winnebago counties. WNEP will use the data from the 2005 Oshkosh Area School District (OASD) Food Security Survey to assess the food security status of families in Oshkosh. A brochure will encourage families who are food insecure to apply for the Food Share program. This brochure will go to all families whose children attend school in the Oshkosh Area School District.

The Hunger Task Force plans to increase the involvement of community group efforts by assessing the possibility of a central food pantry in Oshkosh, Winnebago County. A subcommittee has been formed to address this possibility. Project Promise will continue the initiative to involve community groups in addressing poverty issues in the Fox Cities.