

Plan for Food Stamp Nutrition Education in Waupaca County during fiscal Year 2008

Overview of Food Stamp Nutrition Education in Waupaca County

Persons applying for and receiving food stamps in Waupaca County are not assigned a case worker from Waupaca County Department of Health and Social Services and no tracking of improvements in any of the ten dietary aspects of the USDA Center for Nutrition Policy and Promotion's Healthy Eating Index is conducted. Benefit applicants eligible for W2 are assigned a case worker, but diet and nutrition related issues or concerns are not referred to anyone for nutrition or resource management education at this time. Women, infants and children enrolled in the WIC supplemental food program do receive nutrition education quarterly from the Waupaca County Public Health Nutritionist and are encouraged to utilize the local Farmer's Markets and enroll in FIT WIC activities. Food and Health pamphlets and resources are provided to Waupaca County DHHS clientele that are able to read English or Spanish at an 8th grade level or higher in the waiting areas of the Waupaca County Department of Health and Social Services. These items are free for the taking, but visits to the waiting area are usually only required at intake and six month case review.

Persons over the age of 60 and who are income-eligible may receive food stamps and/or SSI; participate in the Senior Meal Program; or be evaluated for home-delivered meals. While nutrition education is offered as required by statute, persons teaching the sessions may not be trained in nutrition or health and cannot answer specific application of information questions raised by audience members. Also, no needs assessment or evaluation of nutrition topics covered or short or long-term behavior changes made by participating seniors are conducted. It is unclear if this learning material is useful, practical and relevant to the lives of primarily rural senior citizens.

Characteristics of the low income residents in Waupaca County

Demographics of Waupaca County

Waupaca County has a median age of 38.5 years, compared to US 33.3 years and WI 36 years. Population categories of 50 – 70+ are 9% greater than Wisconsin or US averages. 46% of individual workers in Waupaca County had below poverty earnings in their primary job in 2000, requiring two or more workers to raise the family above poverty. In 2000, 71% of men and 60% of women were in the labor force with 119 providing unpaid family care; 2299 self-employed; largely agriculture, construction, logging and trucking; 2747 in government employment and 20,205 on payroll. While an average of 60% of women work, 82% of 20-24 age women; 80% of 25-34 year old women and 82% of women age 35 – 54 are in the workforce. Parents will tag-team on child care by working different shifts; both to save money and as a reflection of the lack and quality and availability of childcare. School- age children are on their own for 2 -5 hours per day in Waupaca County as parents work and commute to work; preparing up to two snacks and one meal for themselves. One community received a 21st Century afterschool enrichment grant and another is applying for one to improve achievement outcomes for school-age youth.

Waupaca County's annual average wage in 2002 was \$25,755 (83% of Wisconsin average wage) making less in retail, finance, insurance, service and government employment than State average but more than the state average in agriculture and logging. Educational attainment for Waupaca

County residents is below the state average with 17% having less than a High School diploma and 44% having a High School diploma. More than 2800 households (of the 19,863 households) in Waupaca County have an income of \$14,999 or less. Slightly more than 5% of families, 7.3% of individuals and 22% of single mother families in Waupaca County live at or below the poverty rate for a total of 3,495 residents in 660 families living in poverty. More than 200 grandparents serve as primary caregivers for their grandchildren with one in 10 raising a grandchild for at least 6 months largely due to teen pregnancy, incarceration, parent unwillingness or inability to raise the child, parent joblessness or death of parents. (Waupaca County Workforce Profile: State of Wisconsin Department of Workforce Development, October 2002).

Waupaca County has 11,500 youth, age birth to 18; 10,500 residents age 18-34; 5795 age 35-44; 7740 age 45-54. Of the 15,385 residents over the age of 55, 1559 are over the age of 85. Unlike most areas of the state and nation, a larger share of those over age 55 are males, having lost spouses or not currently married. While 38% of Waupaca County adults have fair or poor health as a result of chronic conditions (coronary heart disease, heart attack or stroke lead the list) more than 1880 hospitalizations were required. These and other chronic health conditions (diabetes, asthma, disabilities) make daily living tasks difficult. Key contributors to the high rate of chronic conditions include the reality that more than 56% of 45- 64 year olds lead a sedentary lifestyle and 40% are overweight in Waupaca County. For the 65+, 62% lead a sedentary lifestyle and 33% are overweight. (Wisconsin Department of Health and Family Services). The American Geriatric Society, in the report “Characteristics of Non-disabled Older Persons”, 2000 found that the annual medical costs of active and inactive women, age 45 or older differs from \$100 (age 45) to \$1400 (age 75+). A study by Wolf and Colbitz, *Obesity Research*, 1998 determined the added cost of excess weight for Type 2 diabetes is 61%; coronary heart disease, 17%; Osteoarthritis 24% and Hypertension, 17%. A 10% weight loss is calculated to reduce an overweight person’s lifetime medical costs by \$2200 to \$5300 dollars. The Wisconsin Lions Foundation 2005 Burden of Diabetes in Wisconsin Report for Waupaca County determined that 86% of our diabetics are overweight or obese and 32% are physically inactive.

Waupaca County has 8.8% (1,050) of school-age children; 15.4% (4,289) of adults age 21 to 64; and 36.8% (3,236) of adults over age 65 living in the community but with disability status. Accommodations for planning meals, shopping, preparing and storing food must be addressed in every teaching setting. Research suggests that 40% of senior citizens cannot read simple brochures and 70% of older Americans living in rural areas are at health literacy risk. Only 8% of Waupaca County adults exercise 20 minutes or more 3 times a week. The most frequent ‘physical activities’ listed by adults are walking and gardening. Lack of recreation or physical activities was cited as a problem or need experienced by county residents of all ages to improve their health outcomes in a 2003 Wisconsin Department of Health and Family Services: Wisconsin Division of Public Health report.

Food Insecurity in Waupaca County

The customized Food Security Profile for Waupaca County offered through the Wisconsin Food Security Project states in 2005, Waupaca County had 3,626 Food Stamp recipients; 1916 adults and 1710 children. The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) had 1416 total participants, serving 70% of WIC eligible. Of this WIC

population, 46% were food insecure and another 19% food insecure with hunger. Waupaca County enrollment in the state insurance program, BadgerCare; Free and Reduced Breakfast and Lunch Programs; Senior Care Health Insurance; Food Share and TANF have steadily increased 2-5% annually since 2000.

Waupaca County's Master Gardener's partly staff, provide fresh produce and promote the five food pantry's available to limited resource families. The Food Pantries in Waupaca County are open from a total of 4 hours a week to three days a week respectively; day hours only. There is a food pantry open somewhere most days of the month if one has the gas to travel up to 45 miles to the Pantry site open that day. The infrequency of being open leads to the stocking of highly preserved, canned and boxed food items and no fresh fruit or vegetables (except summer), meat or dairy. The Bread Basket volunteer-run community supper is held once a month in Waupaca and averages 120 – 160 adults and children in person and up to 100 delivered or carry-out meals; the New London community meal is bi-weekly and averages 80 – 100 adults and children. The Clintonville Soup Supper is held monthly and averages 90 – 130 adults and children.

A 2006 survey of 300 Waupaca County Senior Nutrition Meals Program participants by the Aging and Disability Resource Center found that the noon meal eaten provided on average, 60% of that day's food and nutritional intake, with more than half of the diners taking part of the noon meal home to eat later. While this is against food safety policy, most seniors with heart conditions do not have the capacity to eat and digest the full meal in one sitting. The average age of program participants is 79 years, with an age range of 69 – 95 years. The Waupaca County Senior Nutrition Meals Program is severely underfinanced. In February and March, community focus groups at all seven meal sites asked attendees to consider meal availability for four rather than five days; to close one or more sites completely and expect seniors to travel farther; limit homebound delivery to current levels and start a waiting list; offer the homebound program only rather than congregate dining; or send one frozen meal home a week, expecting each senior to safely defrost and prepare their own meal. There has been no marketing for the Senior Nutrition Program for the past two years since Waupaca County loses money on every participant.

The 2006 USDA Expenditures on Children by Families documents that rural US single-parent families spend \$29.84 per week on food (both home and away) for their children age birth to 17; and husband-wife rural families spend \$28.58 per child. This data set is based on before-tax income of \$44,500. Research by the National Center for Children in Poverty suggests a family of four needs an income of \$40,000 to meet their most basic needs. February 2007 USDA Cost of Food at Home for the Thrifty Plan (basis for food-stamp allocation) is \$26.51 for children, birth to 19 years. Rural families are spending slightly above the 'thrifty' levels for their children's food but at this time, the nutritional value of those meals is unknown.

Researchers Gambone, Connell and Klem, "*Finding Out What Matters for Youth: Testing Key Links in a Community Action Framework for Youth Development*" finds 22% of all US youth, age 15 – 21 are having difficulty doing well at being economically self-sufficient; have healthy habits and be ready for college, work or life. The Foster Care Permanency Planning Team of Waupaca County DHHS asks that an Independent Living Skill Assessment of teens in foster care be completed and finds that 95% have not developed the essential skills to care for themselves successfully when they age out of the foster care system at age 18 or at the completion of high school. Social workers do not have the training or time to focus on building these essential skills

for success and rely on the foster care parents to teach the youth, although they may be given no direction or practical resources to meet this goal. More than 55% of teens currently in Waupaca County foster care return to county adult services by age 25. More than 60% of Waupaca County children in out-of-home placement are in a home setting; 58% are age 13+.

Only two of the seven school districts offer Family and Consumer Science courses in the middle or high school as an elective. Two school districts offer FACS only to the alternative school students enrolled. Students in the Manawa School District Leadership Class have identified and reported the need for teens and their parents to attend learning sessions to better prepare for pending independence. Of the 140 adult participants in six pilot worksite nutrition education programs with Family Living Educator, Marilyn Herman in 2006 – 2007 the leading reasons given for not eating family meals together at least four times a week include 1) work, sport or family commitments 2) everyone’s tastes are different 3) adult is too tired to plan, shop and cook and 4) adults do not enjoy cooking.

Home Visiting staff with the Waupaca County Healthy Beginnings Parent Education Program, Early Intervention (Birth to Three) Program and Headstart are able to schedule nutrition and health large group programs with the Family Living Educator collectively only four times a year. Requests for additional nutrition and resource management face to face programs by parents at home, with the high-need children, at the Family Resource Center, or in newsletters cannot be met without additional staff resources. The Waupaca County W2 Workforce Advisory Committee conducted an intensive Strategic Planning Workshop in 2006 and identified the need for additional life skills education programs be made available to enrolled participants and their families as the number one priority for 2007 - 2010. At this time there is no county capacity to meet this request.

Data collected by the University of Wisconsin Extension Service – Family Living Programs for Waupaca County shows 17% of adults have no health insurance; 51% of families experience food hardship; 35% of families experience housing hardship and unpaid medical bills is the number one cause for filing bankruptcy. In Waupaca County, like many other communities, the poorer you are the sicker you are likely to be. The Centers for Disease Control acknowledges that eating a healthy diet may help eliminate or reduce costs of medications for some people with high cholesterol and diabetes costing \$100 - \$150 per month and high blood pressure more than \$50 per month in medication and related expenses. The Kaiser Family Foundation database on state health facts shows that, in Wisconsin, children consume less prescription medications annually (3.7 for age birth to 18 WI compared to 4.2 US) but 11 prescriptions for age 19-64 and 29 for Wisconsinites over the age of 65. This compared to the US average of 10.4 for younger adults and 25.5 for retired persons.

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

Working Parents, Teens, Senior Citizens, Persons with Disabilities and Parents of Preschoolers Eligible for WNEP in Waupaca County will learn, apply and improve their health by meeting the following goals:

Nutrition	Meet basic nutritional needs of each person Provide enough food to avoid hunger Build acceptable food habits
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	<p>Change undesirable food habits</p> <p>Meet special needs of overweight or underweight family members</p> <p>Provide modifications needed for those on a prescribed special diet</p>
Social	<p>Encourage family communication and interaction at mealtime</p> <p>Provide foods that are interesting and acceptable to family members</p> <p>Entertain guests at low cost</p>
Economic	<p>Control the amount of money spent for food, home and away</p> <p>Eat out less (or more i.e. school breakfast, school lunch, senior dining)</p> <p>Reduce food waste and spoilage</p> <p>Become more self-sufficient by gardening and home food preservation</p> <p>Save fuel and energy in storage and cooking</p> <p>Take advantage of various food sources in local communities</p>
Cultural	<p>Strengthen or build healthy family food traditions</p> <p>Enhance holiday celebrations or special occasions with budget in mind</p> <p>Maintain ethnic traditions of family members</p> <p>Learn about cultures and communities through foods</p>
Education	<p>Make appropriate food choices</p> <p>Learn food shopping and cooking skills</p> <p>Appreciate nutritional values of foods</p> <p>Develop time management skills</p> <p>Insure that foods are handled safely and kitchen injuries are prevented</p>
Time and Energy	<p>Reduce (or increase) shopping time and trips</p> <p>Improve time use in food preparation</p> <p>Involve all family members in food managing activities</p> <p>Prepare meals with less physical effort</p> <p>Provide food at times that fit schedules of family members</p>

Educational Projects planned for FY08

Target Audience	Type of Education	Learning Focus	No. Reach Hrs/Mo.	Partnering Groups /Inkind Support
<i>Seniors/Disabled</i> 1. Sr. Dining 2. Sr. Housing 3. Homebound 4. Sr. Centers 5. WCI (Waupaca County Industries)	Learn While You Wait Multi-Session groups One-on-One One-Time Group One-Time Groups	“Healthy Eating for Successful Living” Cooking for 1 or 2 Food/Kitchen Safety	100 12 40 4 100 10 100 5 15 3	Waupaca Co. ADRC/DHHS CAP Housing Waupaca Co. ADRC/Disability/DHHS Cities (Waupaca, New London, Iola, Clintonville, Marion, Manawa, Wega) Waupaca DHHS
<i>Teens</i> In Foster Care Teens	Hands-On Multi-Session groups Multi-Session Groups After School	Independent Living Skills, Nutrition, Resource Management “Ready by 21”	12-17 10 25 10	Waupaca County Social Services School Counselors (Manawa CARES Marion Family Resource Center)

	Multi-Session Groups			Clintonville/ New London Summer School, UMOS and Century 21 Afterschool
<i>Parents of Young Children</i> 1. WIC 2. Healthy Beginnings 3. Birth to Three Intervention 4. Headstart	One-Time Groups Multi-Session group One-on-One One-Time Groups	Cooking with Your Child/Family Mealtime/Resource Management/Special Needs/ Healthy Eating/Food Safety	75 12 50 15 10 10 50 10	Waupaca Co. Public Health Waupaca Co. DHHS Waupaca Co. Early Intervention Prog. CAP (Waupaca, Clintonville, New London Centers)
<i>Parents Entering/Returning to Work</i> <i>Shiftworking Families</i>	One-Time Groups Multi-Session Groups	Balancing Work and Family – Get Family to Help Healthy Eating on the Run	60 5 50 5	Waupaca County Employment and Training (W-2); CAP Transitional Housing Residents On-Site Business, WOW Rural Health
<i>TOTAL</i>			# 692 111 Teaching Hrs.	

Food Security Programming Efforts Planned

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

UW-Extension “Bridges Out of Poverty” and Poverty Simulations with decision-makers; teachers, medical staff, community volunteers and organizations will continue to be offered by Waupaca County UW-Extension Educators Marilyn Herman and Connie Abert to raise awareness and discuss actions and attitudes needed to make changes happen.

Newspaper features on community organizations making a difference on hunger and food insecurity will include local statistics and ways to take action.

Methods planned to compile data and assess status of food security

Continue to work closely with UW-Extension and Family Living Programs, Population Statistics Center, Census Bureau and Wisconsin Department of Health and Family Services – Division of Public Health to collect and interpret local food security data.

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

1. *Waupaca County “Working On Wellness”* is a Rural Health Initiative with the Medical College of Wisconsin and Blue Cross Blue Shield grant funding from 2006 – 2009. This collaboration of medical, education, business and school partners is dedicated to rural health through health screening, health follow-up, worksite and community health promotion programs. The main goals of “Working On Wellness” in Waupaca County is to build on public-private partnerships to focus on the health status of the community; establish, facilitate and coordinate a more seamless health and wellness service delivery system for a rural county offered at the right time in the work, school or community setting; demonstrate better management of limited resources for preventive health and wellness programs for better worker/student health

outcomes; and actively involve and build capacity of community stakeholders in sustaining key components for a healthier workforce.

2. The *Wisconsin Aging and Disability Resource Center* has funded an evidence-based outreach program to address risk factors for falling and medication-related problems in the counties of Waupaca, Outagamie and Calumet County from 2006 – 2008. “Spills and Pills” is a state-level pilot project to build the capacity of public and private partners from throughout the region to improve the quality of life for seniors and disabled living in our rural communities. “Spills and Pills” is a versatile prevention strategy, building on senior’s capacity to live long and well. Service providers, caregivers and volunteers are working together to decrease the need for state-funded health support services while reducing the target groups risk of institutionalization, loss of function or increased disability. Components of the comprehensive program include “Healthy Moves for Aging Well” activity program to increase strength, balance and endurance; educational presentations on medication management and healthy eating; fall risk assessments in homes or apartments; and community gatekeeper education.

3. The *Waupaca County Nutrition and Activity Coalition (NuAct)* actively engages in health and community wellness projects as well as public policy change in schools, community, government and medical arenas. A new initiative for 2007 was the development of a Professionals Speakers Bureau Resource List with funding available to cover costs of presentors for worksite and community programs. Food security is one of the topic areas highlighted in the publication. In the first four months the guide has been available, seven programs have been booked in three communities. Additional speakers are continually being sought to meet the anticipated demand for speakers by service organizations and worksites in the coming year.

4. The *Waupaca County Master Gardener’s* contributed more than \$1000 in donations to food insecure families in 2006; as well as more than 2500 hours in support of three Children’s Gardens and educational programs reaching more than 75 children, age 5 to 12; and \$3000 in donated produce to the Food Pantry’s in Waupaca County. They have approached the Family Living Educator to continue to expand their food security outreach through donations, education and community outreach in the coming year. *The Waupaca County Association for Home and Community Education (HCE)* will continue to support Headstart Literacy Programs, CAP Transitional Housing and Domestic Violence Shelter; Teen Education Scholarships and Extension outreach with the Family Living Educator. *Waupaca County UW-Extension* staff work collaboratively to support, team-teach and advocate for the family, youth, agriculture and community development needs of Waupaca County.