

Adequate, Appropriate and Safe Food and Nutrition

What is it?

Adequate, appropriate and safe food and nutrition means the regular and sufficient consumption of nutritious foods across the life span, including breastfeeding, to support normal growth and development of children. Good nutrition includes:

- Meeting nutrient recommendations yet keeping calories under control.
- Safe handling, preparation, serving, and storage of foods and beverages.
- Ready and appropriate access to nutritious foods throughout the year.

Why should I care?

- A healthy diet reduces risk of overweight/obesity, malnutrition, anemia, heart disease high blood pressure, type 2 diabetes, osteoporosis, oral disease, and some cancers.
- Annual health care costs are \$1400 higher for people who are obese than for those are not.
- At a healthy weight one is less likely to have complications during pregnancy and die at an earlier age.
- Good nutrition in children is important to healthy growth & development and to maintaining appropriate weight (Sources for points above: Healthiest Wisconsin 2020; Healthy People 2020).

Adequate, Appropriate and Safe Food and Nutrition in Burnett County

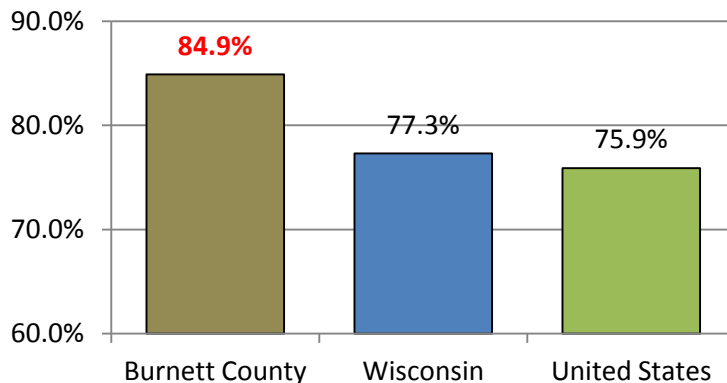
Nutrition Among Youth

In the 2012 Youth Risk Behavior Survey distributed to high school students in Burnett County, the following statistics were reported:

- 39.3% of teens reported eating breakfast everyday.
- 5.7% of teens reported drinking power drinks.
- 18.8% of teens reported drinking soda.
- 9.3% of teens reported going hungry because there was not enough food in their home.



Inadequate Fruit/Vegetable Consumption in Adults
2004-2010



(Source: Community Health Needs Assessment, CDC, Behavioral Risk Factor Surveillance System)



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FoodShare Program Recipients, 2012

Indicator	Burnett County	Wisconsin
Percentage of WIC Households with Low Food Security	66%	54%
Percentage of WIC Households with Very Low Food Security	22%	21%

(Source: DHS FoodShare Program)

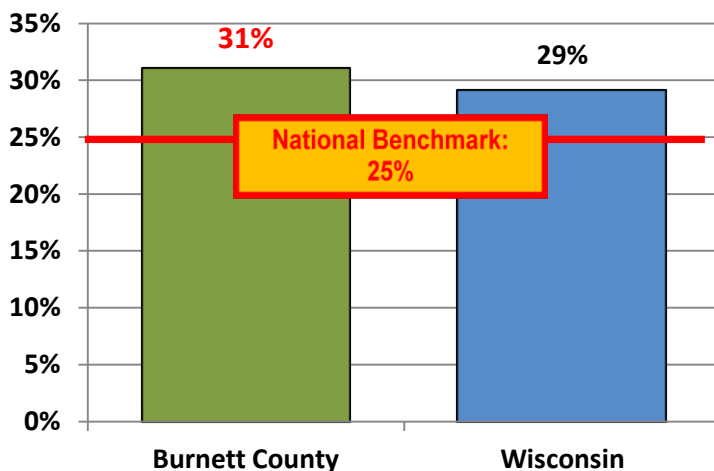
Food Security Status of WIC Participants, 2012



Indicator	Burnett County	Wisconsin
Percentage of population receiving food share/food stamps	26.3% <i>unduplicated</i>	19%
Percentage of child population receiving food share/food stamps	55.6% <i>unduplicated</i>	34%

(Source: WIC Program, Nutrition & Physical Activity Section, Division of Public Health, DHS)

Adults with Obesity, 2010



(Source: County Health Rankings)



Existing Assets and Resources in Burnett County Related to Nutrition

Nutrition Coalition

- Community members collaborate to promote adequate and appropriate nutrition and regular physical activity to prevent hunger, obesity, and chronic disease in Burnett County.

Women, Infants and Children (WIC)

- Supplemental foods, nutrition education and health screening program for income eligible pregnant, post-partum, and breastfeeding women, infants, and children up to age 5; offered at Burnett County and St. Croix Tribe. This includes vouchers to use at local Farmer's Markets.

Breastfeeding

- Certified Lactation Counselors and Educators for both WIC programs in county, Burnett Medical Center and St. Croix Regional Medical Center to help educate and support breastfeeding women, including access to breast pumps.
- Breastfeeding Group--regional Dietitians and Lactation Consultants meet to share best practice ideas.
- Breastfeeding Peer Counselor Program Provides support and education for WIC breast feeding mothers; offered at Burnett County and St. Croix Tribe.

FoodShare (Food Stamps)

- Provides benefits to households that meet income limits. Assists in the provision of an adequate and nutritious diet. This benefit is delivered through an Electronic Benefit Transfer (EBT) card.

Food Distributions, Food Shelves, Farmers' Markets

- Ruby's Pantry, Second Harvest, Feed My Sheep--Grace Baptist Church in Grantsburg, and St. Croix Tribe Commodity Distribution.
- Ruby's Pantry, Connections, Grantsburg Area Food Shelf, and A & H Crescent Lake Outreach.
- Senior Dining Sites and Home Delivered Meals for people age 60 and older, 6 dining sites (4 County and 2 St. Croix Tribe).
- First Farmer's Market started in 2003, and has expanded to 4 locations as of 2012; Siren, Grantsburg, Alpha, and Hertel. Other farm stands also accessible throughout the county.

Schools/Headstarts

- Webster Elementary School raised bed gardens.
- As of 2012-13 school year, Webster Elementary Fresh Fruit & Vegetable Grant Program .
- St. Croix Tribal Head Start School garden.
- Family Resource Center- planting starter seeds with families.
- Salvation Army Backpack Programs.
- Summer Food Service School Programs.
- USDA Free and Reduced School Meal Program--New Federal meal requirements for schools to offer more fresh fruits and vegetables, lean protein sources, and whole grains to students.
- Some schools limiting competitive foods (ie. vending machines) and times available to students.

Master Gardener Club

- Master Gardeners are trained volunteers who aid UW-Extension staff by helping the community better understand horticulture and their environment. They can provide education and support with many different growing/gardening projects in the county.

UW Extension Nutrition Program

- Food, basic nutrition and food safety education from a nutrition educator for students at schools with $\geq 50\%$ free/reduced school lunches, currently schools in all Burnett County school districts are included; also for the WIC Program participants, food shelf participants, and other programs or services where the majority of participants are FoodShare participants or eligible or low income.

Registered Dietitians

- Burnett Medical Center, Ingall's Clinic--St. Croix Regional Medical Center, Indianhead Medical Center, St. Croix Tribal Clinic, the Aging & Disability Resource Center(ADRC), and Burnett County DHHS--Public Health.