

Strengthening Michigan's Families



Health and nutrition situation

- In the fall 2005 State of the State survey, 68 percent of respondents identified disease research and education programs as a high priority for Michigan.
- Michigan's surgeon general states that over 60 percent of Michigan residents are overweight, one of the highest percentages in the country.
- Physical inactivity among Michigan's adults costs nearly \$8.9 billion annually in health insurance premiums, lost productivity, Medicaid payments and healthcare costs.
- \$2 billion per year is spent on breast milk substitutes in the United States. It costs WIC 55 percent less to support a breast-feeding mom than a formula-feeding mom. WIC spends \$578 million per year to buy formula.
- \$3.6 million in healthcare costs could be saved annually if breastfeeding rates were increased to the recommended levels of 75 percent initiation and 50 percent at 6 months.

Selected Successes and Goals

- MSUE's Farm-to-School work with the Michigan Department of Education Commodity Foods (MDECF) program resulted in the purchase of **\$1,165,263 worth of Michigan-grown produce**, putting fresh produce on the menus of Michigan schools and money in the pockets of Michigan growers. The program also resulted in MDECF's switch from vegetable oil and liquid shortening to the purchase of \$206,870 worth of healthier soybean oil from a Michigan producer. The 10 truckloads ordered will use 2 million pounds of Michigan soybeans.
- The Breast-feeding Initiative (BFI) reached 3,141 Michigan pregnant and breast-feeding women in the WIC program. The initiation rate was 97 percent and the 6-month rate was 36 percent, **nearly double the state WIC levels**.
- **BFI saved the Michigan WIC program \$1,460,382** in 2004-5. Savings were calculated on the basis of the average cost of formula, the number of weeks spent breast-feeding and the number of women in the program.

- MAES researcher Beth Olson is investigating at-work policies, attitudes and environments and their impact on whether a mother continues to breast-feed after her return to work. Findings will be used to design better workplace breast-feeding support programs with the goal of increasing the length of time babies are breast-fed.
- The statewide Food Stamp Nutrition Education program (FSNE), offered collaboratively between MSUE and Michigan's Department of Human Services, provided nutrition education through **275,201 direct contacts and 9,225,084 indirect contacts** with persons eligible for food stamps in 2004-5. Participants learned to make healthier food choices and to make their food budget go further.
- Project FRESH brought Michigan-grown produce from 761 farmers to low-income families, who redeemed **\$538,816 worth of coupons** at farm markets. Seniors redeemed \$89,248 worth of coupons in 14 Michigan counties through the pilot Senior Project FRESH project.
- One hundred percent of parents in the Don't Croak on Secondhand Smoke intervention group signed a smoke-free home pledge. Of those, **97 percent reported reducing their children's exposure to secondhand smoke** as a result of the program.
- Nearly **200 families participating in the Home Safe Kids program tested their homes for radon**, looked for peeling paint near their children's play areas, had their children tested for high blood lead levels and inspected their homes for mold and mildew growth.

Food safety situation

- In the fall 2005 State of the State survey, 80 percent of respondents identified a safe, plentiful food supply as a high priority for Michigan.
- Last year, 175 food-borne illness outbreaks involving 1,516 illnesses were recorded, down from 232 outbreaks and 2,158 illnesses reported in 2003.
- In January 2006, Hazard Analysis Critical Control Point (HACCP) implementation became mandatory for school cafeterias.

Food safety, cont.

Selected Successes and Goals

- The MSUE Food Safety Area of Expertise team **reached approximately 500,000 Michigan residents** with food safety messages through ServSafe and HACCP training and other food safety activities, contributing to the reduction of food-borne illnesses in 2005.
- MAES scientist Linda Mansfield is working to find new ways to treat and prevent *Campylobacter*, a food-borne bacterium that **sickens more than 2.5 million people** each year—more than *E. coli* or *Salmonella*.

Childcare, parenting & education situation

- In the fall 2005 State of the State survey, 64 percent of respondents identified healthy family research and educational programs as a high priority for Michigan.
- Approximately 670,000 children under age 5 live in Michigan, with 431,000 needing care from someone other than their parents.
- In 2004, Michigan had 18,714 licensed childcare homes or centers.
- As of January 2006, all registered/licensed providers are required to attain 10 hours of continuing education each year.
- Only 32 percent of fourth-grade students scored at or above the proficient reading level in 2003.

Selected Successes and Goals

- In 2004-5, Better Kid Care (BKC) provided training for 2,404 providers in 49 Michigan counties, **who cared for 8,000 youth**. Eighty-two low-income adults became licensed childcare providers as a result of the training, and an additional 10 have licenses pending.
- BKC plans to expand statewide in 2006, delivering 1,125 two-hour training sessions and **training 13,500 childcare providers**. The BKC program is also developing online education for childcare providers, with the first modules to be ready for distribution in October 2006.

- Washtenaw County MSU Extension invests approximately \$150 per parenting program participant. This investment **prevents/reduces out-of-home placement costing up to \$225 per day** and prevents/reduces juvenile detention/treatment placement costing approximately \$225 per day. Seventy percent of parenting program participants report changing their parenting behavior as a result of the program.
- Parents from 833 families in Building Strong Families in 2005 showed **improvements in 31 out of 32 behaviors** measured on pre- and post program parenting surveys.
- Twenty-one classrooms in 11 schools with Team Nutrition Healthy Reading mini-grants **increased nutrition education from less than 10 hours in 2003-4 to almost 25 hours** in 2004-5 for 466 students. Forty-two percent of their parents increased family reading time with the nutrition home book-bag program.

Financial education situation

- The average family carries nearly \$10,000 in credit card debt, and half of U.S. families have accumulated less than \$1,000 in net liquid assets. More than half of U.S. households live paycheck to paycheck.
- One in three households in which people with disabilities live is low-income; the unemployment rate is 69 percent, forcing most to depend on government benefits. For those who are employed, the average annual income is only \$18,631. At least 46 percent of the 33,000 homeless people in Michigan have disabilities.

Selected Successes and Goals

- Thirty trainers were certified as Money Smart educators in 2005, and **provided financial education to 910 people with disabilities**. Participants said the information would help them make better financial decisions. The goal for 2006 is to reach 1,100 people.
- 4-H is launching the Future 4-H Millionaires Club with one goal being that **75 percent of club members will report increased net worth** as a result of actual investments.
- A program to increase earned income tax credit (EITC) applications in low-wage households resulted in an increase in applications and **more than \$4 million in federal tax refunds** for working households.

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