

LINCOLN HEALTH FOUNDATION

Initiative:	Healthier Living
Project Name:	Lincoln Parish Health Unit (LPHU) WIC Kitchen
Funding Period:	October 1, 2008 – September 30, 2009
Date of Funding:	October 1, 2008
Project Coordinator:	Glenda Hale, Facility Manager, LPHU
Project Administration:	Lincoln Parish Policy Jury
Total Funding Approved:	\$ 21,492.
Project Status:	Completed

Program Summary

In September, 2008, the Lincoln Parish Health Unit sought funding to develop a WIC kitchen at that facility. At that time, Lincoln Parish was the only parish in the state of Louisiana that did not have a kitchen to demonstrate and prepare nutritious foods for health unit patients and clientele. The desired goal in constructing a WIC kitchen was to enable the on-site nutrition coordinator to demonstrate proper nutrition and provide education, thereby reducing the incidence of childhood obesity in Lincoln Parish.

Childhood obesity rates are increasing at alarming rates in the United States and in Lincoln Parish, more than doubling in preschool children aged 2–5 years. The obesity epidemic affects both boys and girls and has occurred in all ages, race and ethnic groups in Louisiana and throughout the United States. The percentage of overweight children participating in the WIC Program has also increased. Targeting overweight children can impact and prevent adult overweight and obesity. From 2001 – 2003, in Lincoln Parish, children ages 2 - 5 years reported, 12.0 percent were at risk for overweight and 11.6 percent were overweight. Overweight children are at risk for high cholesterol, high blood pressure, low self-esteem, and Type 2 diabetes – a disease that was once considered primarily an adult disease.

The creation of the WIC kitchen will enable preparation of nutritious meals as well as demonstration and education performed during clientele visits to the health unit.

Project scope of work included the following:

- Purchase and installation of new cabinets
- Painting of kitchen
- Furnish and install sanitizing dishwasher
- Furnish and install one triple sink and one hand washing sink
- Furnish and install stove
- Furnish and install microwave and hood combination over stove
- Install new cabinet countertops
- Electrical and plumbing requirements

Total funding provided by Lincoln Health Foundation for the WIC kitchen construction project was \$21,492.