

NUTRITION EDUCATION PROGRAM 2016 ANNUAL REPORT

OUR FOCUS

The Kentucky Nutrition Education Program works in all 120 counties to improve the lives of limited-resource Kentuckians through education and changes in behavior and in community. Through the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP), the University of Kentucky Cooperative Extension Service has agents and nutrition assistants across the state who are dedicated to improving lives in their communities.



OUR CHALLENGE

Poverty

In Kentucky, household median income is **\$45,215**, which is much lower than the U.S. median of **\$55,775**.¹ Kentucky has high rates of poverty and food insecurity when compared to the United States as a whole.¹

	Kentucky	U.S.
Total Poverty	18.5%	14.7%
Child Poverty	25.9%	20.7%
Food Insecurity	17.6%	13.7%
Very Low Food Secure	7.3%	5.4%

In 2014, an estimated **1,359** Ballard County residents lived in poverty, and **423** of them were children. This is a **5.1%** increase in total poverty and **2.2%** increase in child poverty since 2007.²

SNAP benefits

Participation in the SNAP program among those who are eligible for its benefits is higher in Kentucky than in the U.S. as a whole.¹

In 2015, **1,097** Ballard County residents received SNAP benefits, a **38.3%** increase since 2007.³

	Kentucky	U.S.
SNAP Participation	91%	83%



Obesity

Nearly half of all American adults experience one or more preventable, diet-related chronic conditions, such as high blood pressure, cardiovascular disease, type 2 diabetes, and obesity.⁴ Kentucky has a high prevalence of hypertension, diabetes, and obesity, ranking in the top 10 when compared to other states.⁵ A large body of evidence shows that healthy eating habits and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life.⁴

In 2013, **2,139** Ballard County residents were considered obese, representing **34.2%** (**41.2%-27.8%**) of the county's population.⁶

OUR SOLUTION

Provide hands-on, nutrition education to limited-resource audiences, focusing on:

- Buying and preparing healthy foods
- Developing new meal planning and cooking skills
- Adopting new healthy lifestyle behaviors
- Managing SNAP resources

In 2016, **3,084** Ballard County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN KENTUCKY

Lifestyle improvements

In 2016, **95%** of adult participants made a positive change in food group choices and **71%** showed improvement in one or more food safety practices. In addition, **65%** began to plan meals in advance more often and **71%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **83%** improving their ability to choose healthy foods.

OUR SUCCESS

Nutrition program motivates students to eat more fruits and veggies

Current statistics report Ballard County as having a 35% adult obesity rate, 3% higher than Kentucky overall (32%). The Ballard County Cooperative Extension Service partnered with the Ballard County Elementary School to target second-graders for a Nutrition Week SNAP-Ed program to help students make healthier lifestyle choices.

One hundred five second-grade students participated in four days of instruction on Farm to Table, the journey of food from the farmer’s field to their dinner table at home. The effect of eating a variety of foods, including fruits and vegetables was also taught. Ballard County Extension agents for Family and Consumer Sciences, 4-H Youth Development and Agriculture/Natural Resources

presented age-appropriate curricula. Volunteer leaders from the Extension Homemaker organization and local high school students also helped conduct the program. Curriculum presented included Farm-to-Table; Literacy, Eating, and Activity for Primary (LEAP) Youth Health, Jump Into Food and Fitness, and Plate It Up Kentucky Proud. All topics and activities were planned with the Kentucky Department of Education program of studies. Each day the students were provided with healthy snacks and support materials to take home to their parents.

At the conclusion of the program, 90% of the students reported that they planned to ask their parents to provide more fruits and vegetables in their meals and 20% said they had



already started eating more fruits and vegetables since the class began. This program met the needs of youth in terms of health and helped the school teach its curriculum.

SOURCES:

1. Frac.org/reports-and-resources/national-and-state-program-data-2, accessed December 2016
2. U.S. Census Bureau, Small Area Income and Poverty Estimates
3. Kentucky Department for Public Health, Cabinet for Health and Family Services, Statewide Summaries, December 2007, 2013, 2015
4. 2015-2020 Dietary Guidelines for Americans
5. Stateofobesity.org, accessed September 2016
6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

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