

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 **8,955** Bell County residents lived in poverty, and **2,647** of them were children. This is a **10.3%** increase in total poverty and **7.7%** 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, **9,447** Bell County residents received SNAP benefits, a **23.6%** 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, **8,074** Bell County residents were considered obese, representing **37.9% (43.8%-32.2%)** 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, **10,255** Bell County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN BELL COUNTY

Lifestyle improvements

In 2016, **98%** of adult participants made a positive change in food group choices and **76%** showed improvement in one or more food safety practices. In addition, **88%** began to plan meals in advance more often and **89%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **89%** improving their ability to choose healthy foods.

OUR SUCCESS

Students explore MyPlate!

The obesity rate in Kentucky continues to climb. Obesity-related health conditions include heart disease, stroke, and type 2 diabetes and are some of the leading causes of preventable death. Lifestyle changes such as eating healthy and being physically active could help reverse this trend. Dr. Donald F. Schwartz of the Robert Wood Johnson Foundation has said, “It’s much easier to prevent obesity and unhealthy weight gain than it is to try to reverse it later.”

With studies showing that 87% of Kentucky youth eat fewer than the recommended five servings of fruit and vegetables each day, the Bell County Cooperative Extension Service teamed with the Pineville Family Resource Center to implement nutrition and physical activity classes. Professor Popcorn was used to explore MyPlate with 72 7th- and 8th-grade students at Pineville Middle School. In addition to the hands-on activities, students wrote personal plans consisting of ways to eat healthy and become more physically active on a daily basis. As a result of this program, 90% of the participants said they would choose to eat more fruits and vegetables instead of snack cakes and candy.



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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