

# 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**.<sup>1</sup> Kentucky has high rates of poverty and food insecurity when compared to the United States as a whole.<sup>1</sup>

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

In 2014, an estimated **10,009** Boone County residents lived in poverty, and **3,828** of them were children. This is a **45.1%** increase in total poverty and **51.4%** increase in child poverty since 2007.<sup>2</sup>

### 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.<sup>1</sup>

In 2015, **8,374** Boone County residents received SNAP benefits, a **77.6%** increase since 2007.<sup>3</sup>

	Kentucky	U.S.
<b>SNAP Participation</b>	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.<sup>4</sup> Kentucky has a high prevalence of hypertension, diabetes, and obesity, ranking in the top 10 when compared to other states.<sup>5</sup> 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.<sup>4</sup>

In 2013, **28,373** Boone County residents were considered obese, representing **32.5%** (**35.9%-29.1%**) of the county's population.<sup>6</sup>

## 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, **6,361** Boone County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN BOONE COUNTY

#### Lifestyle improvements

In 2016, **90%** of adult participants made a positive change in food group choices and **83%** showed improvement in one or more food safety practices. In addition, **58%** 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

### Ancient grains: What's old is new again

A survey by the National Restaurant Association showed ancient grains ranked as a top food trend this year. Whole grain consumption has been positively associated with a decreased risk of small intestinal cancer, pancreatic cancer, type 2 diabetes, heart failure, death from cardiovascular disease, and obesity. With this information and interest and confusion about gluten and gluten-free foods, the Kenton and Boone County Cooperative Extension Services partnered to provide a lesson on Ancient Grains.

Forty-nine adults attended the program where a variety of ancient and traditional grains were discussed. The Boone County Family and Consumer Science agent led the discussion on non gluten grains, focusing on the nutritional benefits of adding whole grains to meal plans, using the grains in a variety of recipes, and safe

and easy cooking techniques for the food products.

A survey was mailed to program participants 10 weeks after the program to determine any behavior changes as a result of the class:

- 76% prepared a recipe with quinoa
- 68% prepared a recipe with barley
- 68% increased their intake of whole grains in general
- 16% changed their grain purchasing habits by adding more grain variety, seeking a wider variety of grains, and choosing packaged foods made with ancient grains.

Encouraging the consumption of whole grains is in line with the 2015-2020 Dietary Guidelines for Americans, which says, “A healthy eating pattern includes: Grains, at least half of which are whole grains.”



#### SOURCES:

1. [Frac.org/reports-and-resources/national-and-state-program-data-2](http://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](http://Stateofobesity.org), accessed September 2016
6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

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