

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 **3,774** Bourbon County residents lived in poverty, and **1,269** of them were children. This is a **20.3%** increase in total poverty and **30.3%** 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, **3,184** Bourbon County residents received SNAP benefits, a **70.1%** 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, **5,075** Bourbon County residents were considered obese, representing **34.1% (42.0%-26.7%)** 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, **9,607** Bourbon County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN BOURBON COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **86%** showed improvement in one or more food safety practices. In addition, **60%** began to plan meals in advance more often and **86%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **86%** improving their ability to choose healthy foods.

OUR SUCCESS

Convincing kids to eat more fruits and veggies

In a small town with limited resources, one elementary school is trying to make a difference in students’ lives beyond the classroom. During lunch, the students barely touched or tasted the fruits and vegetables served in the cafeteria. The Bourbon County Cooperative Extension Service SNAP-Ed program was asked to work with some of the students over the summer to help them become more familiar with eating fruits and vegetables. The MyPlate: A Yummy Curriculum Program was conducted to teach the students the benefit of eating a variety of foods and to learn what is considered a healthy food choice. Students were given the opportunity to taste a variety of healthy foods throughout the program.

The 17 participants completed eight lessons. Pre- and post-test evaluations indicate 76% of students had an increased ability to distinguish healthy snack options, while 65% increased their awareness of what belonged in the dairy food group. A comment overheard while tasting fruit and yogurt parfaits was “These blueberries are delicious, I am going to see if my mom will get me some so we can make these at home!” One teacher said, “I am so glad our students are getting the opportunity to try different fruits and vegetables. They are encouraged to give foods a “hello bite” to taste, and most find that they like the food they were scared of trying.”



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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