

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 **4,627** Boyle County residents lived in poverty, and **1,408** of them were children. This is a **11.6%** increase in total poverty and **4.8%** 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, **4,184** Boyle County residents received SNAP benefits, a **46.4%** 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, **7,234** Boyle County residents were considered obese, representing **32.2%** (**38.5%-26.3%**) 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, **8,249** Boyle County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN BOYLE COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **55%** showed improvement in one or more food safety practices. In addition, **29%** began to plan meals in advance more often and **40%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **40%** improving their ability to choose healthy foods.

OUR SUCCESS

Lunch and Learn encourages healthy eating

The percentage of the population in Kentucky that suffers from chronic disease is one of the highest in the nation. Numbers in Boyle County are consistent with those at the state level. The chronic diseases/nutrition-related health issues addressed at Lunch and Learn include managing and preventing diabetes, high blood pressure, heart disease, and high cholesterol. In Boyle County, 10% of adults suffer from diabetes and 52% of adults have hypertension. The goal of Lunch and Learn was to encourage Boyle County residents to:

- Learn how to access and prepare healthy foods on a budget
- Make that lifestyle change to prevent chronic diseases such as diabetes or hypertension

- Learn how to manage their current chronic diseases with proper diet and improved food preparation practices

Each month a lesson using the featured recipe from the SNAP Education Food and Nutrition Calendar is presented. Each participant receives a calendar and an opportunity to sample the featured recipe. Lesson discussions are about ingredient choices, nutritional values, and healthy recipe preparation methods. Current food and nutrition trends are discussed to engage the audience and hold their interest. Each session includes discussions about all the sections of the calendar, such as the physical activity tip or gardening suggestion. Participants leave with confidence that they can take control of their health



through good nutrition practices.

Participants ranged in age from 21 to 80, and 15 out of the 21 reported being on a fixed income. Nineteen participants reported an increase in cooking at home. All participants reported that they intend to use the recipes provided in the Food and Nutrition Calendar.

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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