

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 **1,540** Bracken County residents lived in poverty, and **507** of them were children. This is a **18.4%** increase in total poverty and **19.6%** 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, **1,447** Bracken County residents received SNAP benefits, a **35.6%** 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, **2,014** Bracken County residents were considered obese, representing **32.4%** (37.4%-27.6%) 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, 5,474 Bracken 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

Students enjoy Taste of the Month program

According to the Centers for Disease Control and Prevention's State Indicator Report on Fruits and Vegetables 2013, 49.7 % of Kentucky adolescents reported consuming fruits and vegetables less than once a day. Median intake of fruits and vegetables was one fruit and 1.1 vegetable per day per adolescent.

The Bracken County 4-H and Family and Consumer Sciences Cooperative Extension agents teamed up to offer this year's Taste of the Month program at the Bracken County Middle School. Once a month, a new Kentucky Proud recipe was featured that focused on different fruits and vegetables, was served to all lunch sessions at the middle school. Recipes included Cucumber Corn Bean Salsa, Apple Cranberry Waldorf Salad, Fresh Corn

Salad, Blueberry Cream Cheesecake, and Watermelon Tomato Salad. The goal of the program was to encourage youth to try new fruits and vegetables and increase their consumption on a daily basis, including some of their choices on the school lunch menu.

Over 221 students participated in the program. Results from the post-program survey indicated that over 70% of students tried a fruit or vegetable that they had never tried before during the Taste of the Month. Seventy-five percent of participating students said that they would continue to try new fruits and veggies as a result of this program. The middle school cafeteria coordinator reported that she had seen an increase in the number of students taking fruit or veggie options with their school lunch.



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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

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