

## 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 **4,340** Breathitt County residents lived in poverty, and **1,187** of them were children. This is a **-4.9%** decrease in total poverty and **-21.5%** decrease 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, **5,383** Breathitt County residents received SNAP benefits, a **15.2%** 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, **4,297** Breathitt County residents were considered obese, representing **41.6% (46.9%-36.0%)** 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, **9,072** Breathitt County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN BREATHITT COUNTY

#### Lifestyle improvements

In 2016, **98%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **73%** 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

### Cooking at home teaches basic skills

Joining together, Helping Hands Christian Resources and Breathitt County SNAP-Ed provided a nutrition class for a group of homemakers. The focus of the class was to teach homemakers basic cooking skills to prepare healthy recipes at home. During a seven-month period, several classes were taught including basic keys to food preparation, how to slice and dice, following a recipe, MyPlate as a tool to eat healthier, meal planning, and spending on a budget.

Before the class began, homemakers were asked if they prepared and cooked their meals at home or if they purchased frozen meals at the grocery store. Only 15% of the homemakers said they prepared and cooked meals at home. During the course of the lessons, several homemakers said the reason they did not cook at home was because they did not have the proper kitchen tools. By attending the classes, the homemakers received measuring spoons, dry and liquid measuring cups, a knife, and a cutting board. These tools enabled homemakers to prepare and cook meals at home. At the end of the class, when asked the same question, 60% of the homemakers said they now prepare and cook meals at home.



#### 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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