

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 **2,596** Butler County residents lived in poverty, and **874** of them were children. This is a **9.8%** increase in total poverty and **11.6%** 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, **2,365** Butler County residents received SNAP benefits, a **28.4%** 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, **3,191** Butler County residents were considered obese, representing **33.2% (40.3%-25.9%)** 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, 4,324 Butler County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN BUTLER COUNTY

Lifestyle improvements

In 2016, 96% of adult participants made a positive change in food group choices and 74% showed improvement in one or more food safety practices. In addition, 64% began to plan meals in advance more often and 76% used the "Nutrition Facts" on food labels to make food choices more often. Youth participants also experienced behavior changes, with 76% improving their ability to choose healthy foods.

OUR SUCCESS

Grab and go nutrition shows youth benefits of breakfast

According to the Johns Hopkins Bloomberg School of Public Health, breakfast is the most important meal of the day. Eating breakfast provides the energy and nutrients for increased concentration and can be important in maintaining a healthy body weight. People who skip breakfast are unlikely to make up the daily vitamin and mineral requirements that a simple breakfast provides.

To address this, the Butler County Extension Nutrition Education Program assistant and Family and Consumer Sciences agent partnered with the Butler County Schools' youth services director, food service director and the adviser and students of the Butler County Middle School Technology Leadership Program (STLP) to educate the student body

about the importance and benefits of eating breakfast. The decision was made to teach the MyPlate Yummy Curriculum to the STLP students. They then used the knowledge they gained to teach other students.

The efforts of the STLP students resulted in the development of the Grab and Go breakfast program, which allows students to eat breakfast on the run. Other outcomes include 151 students pledging to take the My Plate Champion Challenge, a promise to eat healthy and be active every day. STLP students distributed nutrition and fitness messages throughout the school on bulletin boards, set up a table for the Grab and Go breakfast, provided news reports on the middle school site, and made a rap nutritional music video that was shown to the school's



487 students. Using material from the curriculum, flyers were created that detailed gender-specific nutritional information and were given to students. The Grab and Go breakfast was a success and is still being offered to students.

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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