

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 **2,282** Caldwell County residents lived in poverty, and **782** of them were children. This is a **2.7%** increase in total poverty and **17.9%** 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, **1,895** Caldwell County residents received SNAP benefits, a **35.3%** 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, **3,385** Caldwell County residents were considered obese, representing **35.0% (41.0%-28.7%)** 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, 3,454 Caldwell County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN CALDWELL COUNTY

Lifestyle improvements

In 2016, **88%** of adult participants made a positive change in food group choices and **63%** showed improvement in one or more food safety practices. In addition, **49%** began to plan meals in advance more often and **60%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **60%** improving their ability to choose healthy foods.

OUR SUCCESS

King’s Kitchen Family Fun Night a success

According to the 2010-2014 U.S. Census Bureau’s American Community Survey, 35% of families with children 18 or under in Caldwell County live below the poverty level. The Feeding America website reports that 15.9% of Caldwell County residents are food insecure.

To address this, the EFNEP (Expanded Food and Nutrition Education Program) assistant collaborated with King’s Kitchen, a local organization that provides healthy meals to local school-age children three times a week during the summer months. The EFNEP assistant presented a four-week nutrition education program for eligible families at the King’s Kitchen Family Night. The assistant

taught lessons about MyPlate, budgeting food dollars, feeding children and the importance of breakfast. Classes included a cooking demonstration of a healthy recipe and a taste test. Twenty male and female participants ranging in age from 1 to their mid-sixties attended the program. As a result, 51% of the families made positive changes in planning meals, comparing prices before buying food, having enough food for the entire month, shopping with a grocery list, lowering their food expenses, and choosing healthy meal options for their families. One participant family said, “We have incorporated family meal time into our schedules every night and are making healthy weekly menus together as a family.”



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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