

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 **7,052** Calloway County residents lived in poverty, and **1,669** of them were children. This is a **21.9%** increase in total poverty and **19.0%** 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, **3,482** Calloway County residents received SNAP benefits, a **47.3%** 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, **8,764** Calloway County residents were considered obese, representing **30.1% (35.6%-25.3%)** 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, 4,853 Calloway County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN CALLOWAY COUNTY

Lifestyle improvements

In 2016, 89% of adult participants made a positive change in food group choices and 37% showed improvement in one or more food safety practices. In addition, 19% began to plan meals in advance more often and 32% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 32% improving their ability to choose healthy foods.

OUR SUCCESS

Demonstrations, meals, and nutritious ideas for families

The U.S. Census reports that the Hispanic population in Calloway County has increased in the past several years. Some residents are limited in their English language proficiency. Because of this, the Calloway County Cooperative Extension Office wanted to reach out to this community and present lessons in Spanish on Nutrition for a Healthier Lifestyle. It took a while for this community to respond to the invitation, but after two responded the word spread to families and friends who also joined the program. The lessons include topics such as Choose MyPlate and the five food groups, portion control, food safety, meal planning, and Re-Think Your Drink. Also included are easy and healthy recipes, which

participants were invited to taste.

These lessons are offered on an ongoing basis to the Hispanic community of Calloway County and are taught by the Calloway County SNAP-Ed Nutrition Education assistant. An average of five women attend each meeting with new participants joining each time. The participants are very eager to learn because the publications received are in Spanish. Participants have shared that “because of these lessons I have become aware of the importance of food safety when it comes to storing food in the refrigerator and for how long.” The program has also increased awareness in the Hispanic community of other nutrition programs available such as the Super Star Chef summer camp for children.



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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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

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