

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 **11,724** Campbell County residents lived in poverty, and **3,496** of them were children. This is a **38.0%** increase in total poverty and **23.9%** 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, **8,787** Campbell County residents received SNAP benefits, a **43.9%** 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, **21,544** Campbell County residents were considered obese, representing **31.6% (35.3%-28.0%)** 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, **12,979** Campbell County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN CAMPBELL COUNTY

Lifestyle improvements

In 2016, **93%** of adult participants made a positive change in food group choices and **57%** showed improvement in one or more food safety practices. In addition, **46%** began to plan meals in advance more often and **52%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **52%** improving their ability to choose healthy foods.

OUR SUCCESS

Demonstrations, tastings expand use of commodity foods

According to Feeding America Kentucky’s Heartland (www.feedingamericaky.org), “food insecurity is defined as the lack of access at times to enough food for an active, healthy life; and limited or uncertain availability of nutritionally adequate foods.” This source also states that “Kentucky ranks fourth highest in the nation for poverty and 17th in household food insecurity with a rate of 17.2%, which is significantly higher than the U.S. national average of 14.3% between 2012-2014.” To help address this, the Campbell County Cooperative Extension Service partnered with St. John Lutheran Church to conduct food demonstrations with tastings at the

church food pantry. The program focused on helping participants better utilize commodity foods using recipes from the Supplemental Nutrition Assistance Program and the Plate It Up Kentucky Proud Project. Creative tips shared with participants included using dry milk, easy food preparation methods, and experimenting with new combinations of foods.

The program was attended by an average of 40 participants each month. In 2015-16, 90% of program participants reported that the demonstrations helped them to prepare meals and to become more creative in using their USDA foods in recipes. Sixty-five percent of participants reported making the recipes at home.



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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