

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 **833** Carlisle County residents lived in poverty, and **299** of them were children. This is a **4.1%** increase in total poverty and **13.3%** 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, **697** Carlisle County residents received SNAP benefits, a **60.4%** 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, **1,260** Carlisle County residents were considered obese, representing **33.4% (41.2%-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, **4,882** Carlisle County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN CARLISLE COUNTY

Lifestyle improvements

In 2016, **98%** of adult participants made a positive change in food group choices and **71%** showed improvement in one or more food safety practices. In addition, **36%** began to plan meals in advance more often and **62%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **62%** improving their ability to choose healthy foods.

OUR SUCCESS

Culinary instruction inspires youth to cook

In our busy society, the importance of cooking and eating dinner together each night has been lost. As a result, many families turn to quick and easy meals that are lower in nutritional value, and quality time together around the dinner table and in the kitchen is limited. These and other factors contribute to Carlisle County’s 32% obesity rate. In the long term, families may fail to pass on cooking techniques, food traditions, and favorite recipes as they spend less time cooking and eating together. Youth may leave home with limited nutrition, shopping, and cooking skills. To address these issues, the Carlisle County 4-H program hosted a workshop introducing them

to the richness of the culinary arts. Instruction on cooking and grilling encouraged youth and their families to cook and eat together at home.

Two volunteers, who are also part-time caterers, led the class, which consisted of teaching youth how to plan an entire meal; kitchen safety, including cleanliness and good knife skills; and food preparation. All participants reported that they followed step-by-step instructions to prepare a meal themselves, followed safe practices, and set and accomplished a goal. As a result of this class, two of the teenage participants were hired for a catering job where they were able to put their skills to use while earning money.



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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