

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 **2,139** Carroll County residents lived in poverty, and **757** of them were children. This is a **36.4%** increase in total poverty and **31.7%** 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, **2,068** Carroll County residents received SNAP benefits, a **68.6%** 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, **2,772** Carroll County residents were considered obese, representing **35.3% (43.1%-27.9%)** 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, **6,058** Carroll County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN CARROLL COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **40%** 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

After-school, summer programs combat youth obesity

Kentucky has a high rate of childhood obesity. The State of Obesity report for 2011 ranks Kentucky eighth out of 50 U.S. states for obesity among 10 to 17-year-olds. The obesity rate is 19.7% for that age group. To help address this, Carroll County Cooperative Extension Service partnered with the 21st Century Community Learning Center to provide nutrition and other educational opportunities after school and in the summer.

The Carroll County Cooperative Extension agent collaborated with the bilingual SNAP-Ed assistant for Carroll, Owen, and Gallatin counties to teach the Wellness In Kentucky (WIN) program to 3rd, 4th, and 5th graders at Cartmell Elementary School. The WIN program is a series of lessons targeting youth age 9-13. The objectives include teaching

participants to eat a variety of foods in moderation, balance calorie intake with calories used, increase fruit and vegetable consumption, and participate in daily physical activity.

Some 38 students participated in the monthly program. After the program, evaluation results from two of the lessons indicated that 78% of students were able to identify good sources of calcium, knew attributes of calcium and the amount of calcium needed daily, and 84% increased their knowledge of vitamin content provided by fruit and vegetables and the required servings of fruit and vegetables needed daily for their age group. After the fruits and vegetables lesson, students made smoothies from the WIN curriculum recipe. All students took a copy of the recipe and said they would like to try it 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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

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.



KYNEP.ca.uky.edu



Facebook.com/KYNEP