

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 **4,699** Casey County residents lived in poverty, and **1,481** of them were children. This is a **24.9%** increase in total poverty and **13.2%** 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, **3,489** Casey County residents received SNAP benefits, a **25.4%** 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, **4,386** Casey County residents were considered obese, representing **36.4%** (**42.3%-30.1%**) 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, **1,640** Casey County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN KENTUCKY

Lifestyle improvements

In 2016, **95%** of adult participants made a positive change in food group choices and **71%** showed improvement in one or more food safety practices. In addition, **65%** began to plan meals in advance more often and **71%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **83%** improving their ability to choose healthy foods.

OUR SUCCESS

REACH Cooking School covers all aspects of healthy eating

The poverty rate for Casey County families with children under the age of 18 is 27.4% compared to 18.1% in Kentucky overall. The county is economically depressed, predominantly rural, and has a large elderly population. Almost one-third (31%) of Casey County adults are obese and at-risk for health problems. To help struggling residents, Family and Consumer Sciences Extension, in collaboration with the UK School of Nursing, implemented a grant-supported research project, the Rural Eating and Cooking Healthy (REACH) Cooking School.

Some topics covered included kitchen safety, cleanliness, food safety, understanding nutrition labels, food allergies, MyPlate, serving sizes,

benefits of fruits and vegetables, lowering sodium intake, fiber-rich whole grains, lean meats and poultry, cholesterol, emergency substitutions, and budgeting food dollars. Each month, a topic-related recipe was prepared by each participant to take home and share with their families.

Forty-eight participants engaged in a hands-on, year-long learning experience. Surveys show that overall, Casey County REACH participants increased their BLOCK Fruit and Vegetable score from an average of 11.7 to 13.7 (2-3 additional servings weekly) and their Fruit/Vegetable/Fiber score from 16.9 to 18.8 (2-3 additional servings weekly), indicating improvement in their consumption of fruits, vegetables, and fiber.



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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