

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 **7,267** Clay County residents lived in poverty, and **1,982** of them were children. This is a **-19.2%** decrease in total poverty and **-21.0%** decrease 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, **7,834** Clay County residents received SNAP benefits, a **7.6%** 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, **6,187** Clay County residents were considered obese, representing **38.0%** (**44.2%-31.6%**) 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, 3,533 Clay County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN CLAY COUNTY

Lifestyle improvements

In 2016, 98% of adult participants made a positive change in food group choices and 75% showed improvement in one or more food safety practices. In addition, 46% began to plan meals in advance more often and 45% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 45% improving their ability to choose healthy foods.

OUR SUCCESS

Plate It Up cooking school promotes healthy eating

Clay County families have a low health rating, a high adult obesity rate (43%) and a high adult diabetes rate (18%). To help with this situation, the Clay County Cooperative Extension Family and Consumer Sciences agent conducted a Plate It Up! Kentucky Proud Cooking School.

Plate It Up! Kentucky Proud recipes promote growing and purchasing local foods and increased consumption of fruits and vegetables. Cooking school sessions were advertised via Facebook, web site, newspaper ads, radio spots, and newsletters.

The cooking school sessions were attended by 58 participants. The formal post-program evaluation showed that all participants

increased their knowledge of food preparation skills and food safety, 86% intend to grow vegetables or fruit to sell at farmers markets or for their own use, and 74% increased their consumption of fruits and vegetables. Concerning the recipes, 86% of participants reported that the taste tests encouraged them to purchase or grow fruits and vegetables and 86% reported that the recipe card encouraged them to try the recipes at home. Comments from participants indicate that the recipes are being used at home: “I would have never made this just reading the recipe; it is so good,” “I have tasted food I would have never prepared if not for this program,” and “I have shared this recipe with several people and have taken it to several parties.”



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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