

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 **1,841** Cumberland County residents lived in poverty, and **534** of them were children. This is a **13.6%** increase in total poverty and **1.9%** 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, **1,501** Cumberland County residents received SNAP benefits, a **26.8%** 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, **1,649** Cumberland County residents were considered obese, representing **31.8% (38.5%-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, **6,151** Cumberland County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN CUMBERLAND COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **64%** showed improvement in one or more food safety practices. In addition, **54%** 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

Accessing nutritious food

According to Centers for Disease Control and Prevention statistics, the Kentucky adult and youth obesity rate ranks among the 10 highest among states in the U.S., and Kentucky ranks among the 10 highest states for poor consumption of fruits and vegetables. The Nutrition Education Program helps families gain access to food and stretch food dollars, helps communities decrease hunger, and partners with local food assistance programs to educate recipients on healthy and safe food preparation methods. In an effort to reach diverse audiences and help consumers improve food choices, the Cumberland County Family and Consumer Sciences agent and Supplemental Nutrition assistant partnered with the farmers market, commodities program and the Feed My

Sheep Food Pantry. Those who visited the farmers market, food pantry or commodities program were given the opportunity to participate in a project that involved receiving a reusable grocery bag. When participants returned with their bag to carry their food, they were given a kitchen utensil to help them prepare and cook meals at home. Cooking classes taught participants cooking basics and nutritional education via the SNAP Education Program.

As a result, all of the adults who graduated from the SNAP-Ed Program showed a positive change in at least one topic area, 33% showed improvement in resource management, 22.5% showed improvement in food safety behavior, and 30% showed improvement in diet quality or nutrition.



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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