

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 **2,366** Edmonson County residents lived in poverty, and **646** of them were children. This is a **15.2%** increase in total poverty and **-2.9%** 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, **1,985** Edmonson County residents received SNAP benefits, a **24.3%** 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, **2,905** Edmonson County residents were considered obese, representing **31.2%** (37.4%-25.4%) 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, **3,817** Edmonson County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN EDMONSON COUNTY

Lifestyle improvements

In 2016, **88%** of adult participants made a positive change in food group choices and **50%** showed improvement in one or more food safety practices. In addition, **38%** began to plan meals in advance more often and **53%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **53%** improving their ability to choose healthy foods.

OUR SUCCESS

Food preservation in Edmonson County

According to the Kentucky Cabinet for Health and Family Services Data Book (2015), 21.2% of Edmonson County families live below poverty. Each year during the gardening season, Edmonson County residents reach out to the Edmonson County Cooperative Extension Service with questions about food preservation. Families often want to save money by preserving fresh produce.

To ensure families receive the most up-to-date, accurate, and safe information regarding food preservation, the Family and Consumer Sciences agent scheduled two hands-on food preservation workshops. In addition to workshops the Family and Consumer Sciences agent distributed informational handouts at local events and advertised pressure canner testing in the local newspaper and

on social media. Fourteen Edmonson County residents age 29-70 participated in the hands-on workshops, 120 informational handouts were distributed and six pressure canner gauges were tested. Workshop evaluations found that all of the participants reported increased knowledge, skills, and confidence related to food preservation. One participant said, “I never had a family member can anything so having no experience was a little intimidating for me. I wanted to learn, but pressure canning scared me. After taking your class, I was ready to can, not only boiling water but pressure canning. I pressure-canned white potatoes. They came out perfectly sealed, and I followed all the instructions. I would never have done this without your class. Thank you for all your help! Now I can because I can!”



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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