

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 **2,133** Elliott County residents lived in poverty, and **569** of them were children. This is a **10.4%** increase in total poverty and **-1.2%** 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, **1,969** Elliott County residents received SNAP benefits, a **7.8%** 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, **2,058** Elliott County residents were considered obese, representing **33.7% (40.3%-27.0%)** 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, 4,162 Elliott County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN ELLIOTT COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **88%** showed improvement in one or more food safety practices. In addition, **83%** began to plan meals in advance more often and **97%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **97%** improving their ability to choose healthy foods.

OUR SUCCESS

Mommy and Me Cooking School encourages cooking at home

Kentucky has been identified as one of the top 10 states for fast-food consumption. Citizens of Elliott County are part of this trend, with many preferring fast food at meal time. Most fast food is high in calories and low in nutritional content and contributes to the 32% obesity rate of Elliott County adults.

To help address this issue, the Elliott County Cooperative Extension Service’s Family and Consumer Sciences program offered a Mommy and Me Cooking School. The lessons were taken from the Healthy Choices for Every Body curriculum. These lessons included topics such as how to cook affordable, quick, and easy meals; how to save money on groceries; how to be more physically active; and how to teach healthy eating habits to children.

Participants were surveyed before the first class; survey results indicated that all consumed fast food once a day and 50% ate fast food twice a day. At the conclusion of the six-week program, 90% of program participants reported preparing at least two home-cooked meals a day and 75% of participants’ children helped with meal preparation.



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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