

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 **4,254** Estill County residents lived in poverty, and **1,175** of them were children. This is a **9.2%** increase in total poverty and **-5.2%** 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, **3,973** Estill County residents received SNAP benefits, a **13.1%** 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, **3,867** Estill County residents were considered obese, representing **35.1%** (**43.4%-27.7%**) 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, 4,425 Estill County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN ESTILL COUNTY

Lifestyle improvements

In 2016, 95% of adult participants made a positive change in food group choices and 64% showed improvement in one or more food safety practices. In addition, 74% began to plan meals in advance more often and 67% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 67% improving their ability to choose healthy foods.

OUR SUCCESS

Color Your Way to a Healthier You encourages healthy eating

According to 2016 data from the Robert Wood Johnson Foundation, the adult obesity rate in Estill County is 32%, and the CDC reports that in 2013, 14.6% of Estill County adults had been diagnosed with diabetes. To help address this issue, a six-week educational series, Color Your Way to a Healthier You, was presented to 14 adults with children to help them make healthier choices for themselves and their families.

The curriculum included lesson plans from USDA’s MyPlate curriculum and easy, healthy recipes for parents to make with their children at home. The initial food recall indicated that the families had limited consumption of fruits and vegetables and that they consumed too much soda. The lessons focused on fruits and vegetables, the importance of drinking water, and the health problems caused by drinking soda. Also discussed were ways to encourage children to eat vegetables and how to prepare healthy snacks. After six weeks, a second food recall showed that 43% of participants had completely stopped drinking soda and that the other 57% had significantly decreased the amount of soda they drank. All participants reported that they were including more fruits and vegetables in their diets.

The families also said they had gotten their children to eat healthier snacks, try new foods, and reduce soda consumption.



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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