

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 **11,702** Floyd County residents lived in poverty, and **3,649** of them were children. This is a **-13.2%** decrease in total poverty and **-10.2%** 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, **12,525** Floyd County residents received SNAP benefits, a **20.5%** 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, **10,961** Floyd County residents were considered obese, representing **37.6% (42.0%-33.3%)** 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, 3,717 Floyd County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN FLOYD COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **77%** showed improvement in one or more food safety practices. In addition, **61%** 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

Raised bed gardening group gets seniors to grow own food

According to 2014 data from the Feeding America website, the food insecurity rate for the residents in Floyd County is 19.4%. To help address this, Floyd County Extension agents and Family and Consumer Sciences volunteers helped support 14 raised bed gardens dedicated for use by those residing in the senior high rise housing facility.

Fresh vegetables have been produced for eight gardening seasons including a fall crop most years. Beginning in fall 2015, a group of participants also attended a Recipe of the Month demonstration and educational program by the Family and Consumer Sciences agent. The lessons used the Nutrition Education Calendar for the monthly recipe, and participants learned about the nutritional components of each

recipe. Lessons included Cooking for One or Two, Managing Blood Sugars, Food Preservation, and Budgeting Techniques. These lessons also resulted in residents’ desire to improve the quality of the raised bed gardens.

The agent worked with clientele and managers to develop policies for best practices for the residents’ use. A mini-farmers market was set up by the residents who gardened to sell to those who wanted fresh vegetables; This allowed residents not involved in the hands-on work access to fresh produce. The monies made were reinvested in the next gardening season. Other results of the Recipe of the Month program were that 90% of participants plan to use the information shared and 74% prepared the recipes and shared them with their neighbors.



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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University of Kentucky
Nutrition Education Program
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