

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 **6,184** Franklin County residents lived in poverty, and **2,178** of them were children. This is a **-3.5%** decrease in total poverty and **17.9%** 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, **6,838** Franklin County residents received SNAP benefits, a **56.4%** 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, **12,489** Franklin County residents were considered obese, representing **33.2% (38.2%-28.0%)** 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, 7,091 Franklin County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN FRANKLIN COUNTY

Lifestyle improvements

In 2016, 91% of adult participants made a positive change in food group choices and 38% showed improvement in one or more food safety practices. In addition, 44% 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

Garden makes positive impact on those with substance abuse issues

According to research, nutrition education has been shown to have a positive association with substance abuse treatment outcomes. The Franklin County Drug Court partnered with the Franklin County Extension SNAP associate and the Extension Horticulture agent for classes on gardening, nutrition, and cooking for Drug Court participants who are in recovery.

Participants met weekly to work in the garden or participate in classes. Some participants brought free plants while others brought their own garden tools to maintain the garden throughout the season. Tomatoes, squash, okra, carrots, green beans, eggplant, and fresh herbs were just a few of the vegetables planted and harvested. Participants were taught about the nutrients in different vegetables and how to prepare them. Instruction also included a hands-on cooking experience. The State Journal newspaper was contacted and published a story about the garden.

Twelve participants age 25 to 27 are involved in the program. Produce and herbs from the garden won nine ribbons at the Franklin County Fair, but the best result is that the participants report eating more vegetables and cooking healthier meals for their families. A fall garden of cool crops has already been planted, and participants are reaping the bounty for the fall table.



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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