

## 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**.<sup>1</sup> Kentucky has high rates of poverty and food insecurity when compared to the United States as a whole.<sup>1</sup>

	Kentucky	U.S.
<b>Total Poverty</b>	18.5%	14.7%
<b>Child Poverty</b>	25.9%	20.7%
<b>Food Insecurity</b>	17.6%	13.7%
<b>Very Low Food Secure</b>	7.3%	5.4%

In 2014, an estimated **1,419** Gallatin County residents lived in poverty, and **543** of them were children. This is a **17.5%** increase in total poverty and **1.1%** increase in child poverty since 2007.<sup>2</sup>

#### 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.<sup>1</sup>

In 2015, **1,310** Gallatin County residents received SNAP benefits, a **67.6%** increase since 2007.<sup>3</sup>

	Kentucky	U.S.
<b>SNAP Participation</b>	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.<sup>4</sup> Kentucky has a high prevalence of hypertension, diabetes, and obesity, ranking in the top 10 when compared to other states.<sup>5</sup> 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.<sup>4</sup>

In 2013, **2,177** Gallatin County residents were considered obese, representing **35.8% (43.8%-28.4%)** of the county's population.<sup>6</sup>

## 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, 2,769 Gallatin County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN GALLATIN COUNTY

#### Lifestyle improvements

In 2016, **88%** of adult participants made a positive change in food group choices and **51%** showed improvement in one or more food safety practices. In addition, **31%** began to plan meals in advance more often and **48%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **48%** improving their ability to choose healthy foods.

## OUR SUCCESS

### Making healthy beverage choices

According to the National Institute for Children’s Health Quality, Gallatin County has an adult obesity rate of 30% and an adult diabetes rate of 10.3%. Consumption of sugar in sodas and other sugar-sweetened beverages contribute to obesity and health risks. One 12-ounce can of soda has 150 calories and 10 teaspoons of sugar; the USDA recommends 9 teaspoons as the average daily consumption of sugar for a woman. Eliminating one soda a day could have significant health benefits.

To help address this issue, the extension agent for Family and Consumer Sciences conducted the Making Healthy Beverage Choices lesson. Participants were taught how to identify a sugar-sweetened beverage, the effects of too many sugar-sweetened beverages, and how to make smarter beverage choices and set goals for healthy beverage choices.

The lesson was conducted for 34 participants in the Northern Kentucky counties. Post-program written evaluations indicate that the participants intend to make healthier beverage choices: all of the participants said they plan to reduce sugar-sweetened beverages by one or more per day, to substitute water as a drink of choice once or more per day, and to set a goal to make healthy changes in their personal beverage use. A few participant goals included to always drink water with meals, keep real fruit-flavored water available, only order water at restaurants, and drink seltzer water without sugar.



#### SOURCES:

1. [Frac.org/reports-and-resources/national-and-state-program-data-2](http://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](http://Stateofobesity.org), accessed September 2016
6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

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