

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 **3,004** Garrard County residents lived in poverty, and **970** of them were children. This is a **5.8%** increase in total poverty and **3.3%** 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, **2,624** Garrard County residents received SNAP benefits, a **30.2%** 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, **3,895** Garrard County residents were considered obese, representing **30.5%** (**37.1%-24.4%**) 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, **1,620** Garrard County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN GARRARD COUNTY

Lifestyle improvements

In 2016, **70%** of adult participants made a positive change in food group choices and **71%** showed improvement in one or more food safety practices. In addition, **74%** began to plan meals in advance more often and **39%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **39%** improving their ability to choose healthy foods.

OUR SUCCESS

Farmers market Plate It Up makes produce more available

According to 2016 Centers for Disease Control and Prevention data for Kentucky, 46.2% of adults report consuming fruit less than once a day and 24.9% report consuming vegetables less than once a day, far below the recommended daily guidelines for a healthy diet. Local farmers markets help increase the availability of fresh local produce in communities; however, the local Garrard County farmers market struggles every year for market vendors as well as customers.

To increase market usage, the Garrard County Cooperative Extension Service provided resources to farmers market shoppers including Plate It Up Kentucky Proud recipe cards, food preservation information and other food- and garden-related publications. Plate It Up recipes were also prepared and provided to

shoppers each week to taste and try. Recipes were chosen and planned by the Family and Consumer Sciences agent to include vegetables available at the market and other readily available ingredients.

One such recipe, Cucumber, Corn and Bean Salsa, was particularly popular with customers and vendors alike. One shopper who tasted the salsa recipe reported that her family loved the recipe and she liked being able to use fresh corn to make the salsa. She said she had made the salsa six times to share at work; one coworker then took the shared recipe and made it five times for her family and church, resulting in more recipe requests. Because of this one taste-testing activity at the farmers market, an estimated 55 people directly or indirectly benefited from a new way of preparing healthier food.



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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