

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 **4,103** Grant County residents lived in poverty, and **1,706** of them were children. This is a **5.7%** increase in total poverty and **-0.5%** 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, **3,902** Grant County residents received SNAP benefits, a **28.9%** 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, **6,273** Grant County residents were considered obese, representing **36.3% (42.5%-30.4%)** 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, 7,987 Grant County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN GRANT COUNTY

Lifestyle improvements

In 2016, 99% of adult participants made a positive change in food group choices and 55% showed improvement in one or more food safety practices. In addition, 32% began to plan meals in advance more often and 32% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 32% improving their ability to choose healthy foods.

OUR SUCCESS

Recipe for Life

The Grant County Cooperative Extension Service Supplemental Nutrition Assistance Program (SNAP) Education offered Recipe for Life in collaboration with Williamstown Independent and Grant County schools. Ninety-six students participated over a five-day period. Each group of students visited the Grant County Cooperative Extension Office, where they prepared five recipes for their lunch and were assisted by 17 adults (volunteers and staff) over the five days. Prior to attending, the SNAP Education assistant visited the schools to teach a MyPlate lesson, administer a survey, and have the students write their favorite family recipe.

On the day the students visited the office, they were instructed using the

Superstar Chef Curriculum Manners and Food Safety lessons. Principals from each school were invited to eat lunch with the students. The SNAP Education assistant followed up at the schools by doing a survey, teaching a physical education lesson, and giving each student a copy of their school’s cookbook. The students and school staff were thrilled with their cookbooks. According to pre/post survey data, end-of-program results included: 81% of participants improved knowledge necessary to choose foods consistent with Dietary Guidelines for Americans, 93% improved in one or more core lesson areas (such as food safety, eating breakfast, making better food choices, and physical activity), and all of the students stated that they had prepared a recipe at home since



attending Recipe for Life.

One school principal who joined the students for the lunch they had prepared said, “It is amazing to see what they have accomplished and to see them all trying healthy foods.” A teacher stated, “This is my favorite field trip; I was even more excited to attend than my students. They came back to school so confident.”

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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