

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 **6,550** Graves County residents lived in poverty, and **2,315** of them were children. This is a **8.2%** increase in total poverty and **8.6%** 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, **5,690** Graves County residents received SNAP benefits, a **35.3%** 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, **8,253** Graves County residents were considered obese, representing **30.1% (34.6%-25.8%)** 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, **6,835** Graves County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN GRAVES COUNTY

Lifestyle improvements

In 2016, **88%** of adult participants made a positive change in food group choices and **49%** showed improvement in one or more food safety practices. In addition, **32%** began to plan meals in advance more often and **47%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **47%** improving their ability to choose healthy foods.

OUR SUCCESS

Basic cooking courses benefit 321 participants

The State of Obesity report for 2015 ranks Kentucky fifth out of 51 states in percentage of population that is obese. Obese individuals are at increased risk for many chronic health conditions including type 2 diabetes, heart disease, stroke, and some types of cancer. The goal of the Making Healthy Lifestyle Choices Initiative is to reverse these trends by working with various organizations, agencies, and groups to promote the health and wellness of all Kentuckians.

This year, the Family and Consumer Sciences agent partnered with Gateway Academy, Girl Scouts, YMCA, 4-H/ Youth Development, and SNAP-Ed to provide nutrition education through basic cooking classes. A total of 21 sessions were presented throughout the program year including day and night sessions. Basic

cooking and nutrition education was provided to 321 participants ranging from Daisy Scouts (early elementary) to adults. Super Star Chef, MyPlate, USDA Dietary Guidelines, and UK publications were used to present a wide variety of topics such as correct measuring, biscuit making, menu planning, food safety, low-fat cooking techniques, and meal preparation.

All students received hands-on experience and were excited about their finished products. Parents reported that their children talked about and practiced what they learned at home. Teens and adults reported increased knowledge about using a meat thermometer, the difference between measuring dry and liquid ingredients, and how to make hamburgers, to name a few. Teachers commented about how excited their students were to attend the cooking classes.



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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