

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 **5,488** Grayson County residents lived in poverty, and **1,852** of them were children. This is a **11.7%** increase in total poverty and **9.8%** 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, **4,609** Grayson County residents received SNAP benefits, a **30.3%** 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, **7,035** Grayson County residents were considered obese, representing **36.5% (42.1%-30.8%)** 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, **3,846** Grayson County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN GRAYSON COUNTY

Lifestyle improvements

In 2016, **86%** of adult participants made a positive change in food group choices and **45%** showed improvement in one or more food safety practices. In addition, **30%** began to plan meals in advance more often and **40%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **40%** improving their ability to choose healthy foods.

OUR SUCCESS

Nutrition education for food pantry participants

According to the Building Strong Families profile for Grayson County (<http://fcs-hes.ca.uky.edu/files/2014-bsf-grayson.pdf>), 29.4% of families with children live below poverty, as well as 16.2% of those age 65 and over. Accessing healthy foods is a challenge for these families and individuals. The local food pantry serves over 700 families in Grayson County each year, many of whom report not knowing how to prepare the foods they receive each month.

Working with the Grayson County Cooperative Extension SNAP-Ed assistant, and the director of the local food pantry, a series of classes was conducted to teach individuals the basics of nutrition, food budgeting, and food preparation. The Healthy Choices for Every Body curriculum was utilized for this class series. The Cooperative Extension Service is also providing the Healthy Choices Newsletter, along with other nutrition-related promotional items, to the pantry for distribution to families they serve on a monthly basis. This is an opportunity to highlight the work Grayson County Cooperative Extension Family and Consumer Sciences is doing in the community to benefit an underserved audience. There are approximately 25 people signed up for the current Healthy Choices for Every Body class. In order to continue to reach this audience, a new series of classes will be offered in the future to those who use the local food pantry.



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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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

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