

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 **5,846** Greenup County residents lived in poverty, and **1,748** of them were children. This is a **4.9%** 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, **5,760** Greenup County residents received SNAP benefits, a **24.3%** 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, **11,027** Greenup County residents were considered obese, representing **39.8% (43.9%-35.6%)** 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, 10,767 Greenup County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN GREENUP COUNTY

Lifestyle improvements

In 2016, 97% of adult participants made a positive change in food group choices and 73% showed improvement in one or more food safety practices. In addition, 83% began to plan meals in advance more often and 86% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 86% improving their ability to choose healthy foods.

OUR SUCCESS

Argillite Elementary 21st Century after-school program

According to the most recent studies, 21% of Kentucky teens age 10-17 are considered obese. Obesity contributes to an increased risk of developing serious chronic diseases. Greenup County has an obesity rate of 31.9%, almost 11 percentage points higher than the state average. The high rate makes the potential for obesity related disease even higher.

The Greenup County Cooperative Extension Service and Argillite Elementary School collaborated on a six-month program for 26 students attending the 21st Century after-school program. During the program, the students learned basic kitchen safety, how to properly hold a knife, and the importance of a healthy diet. They also participated in physical activities that not only benefited their bodies but had them use their brains and teamwork to identify food groups, serving sizes, and the importance of dairy in their diet.

The students were encouraged to take try it bites of the foods that they had never eaten as well as foods that they reported they didn't like. Of the students who participated, 90% tried new foods each time. One student said, “I have never had fresh peppers before because my family never has enough money to buy them. But I am going to ask my mom to buy some so I can show my family how much better they are for them as well as how GOOD they taste!”



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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