

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 **3,386** Harrison County residents lived in poverty, and **1,025** of them were children. This is a **31.1%** increase in total poverty and **22.0%** 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, **2,699** Harrison County residents received SNAP benefits, a **26.2%** 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, **4,160** Harrison County residents were considered obese, representing **30.1% (36.8%-23.9%)** 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, 3,202 Harrison County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN HARRISON COUNTY

Lifestyle improvements

In 2016, 96% of adult participants made a positive change in food group choices and 67% showed improvement in one or more food safety practices. In addition, 49% 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

Program encourages families to increase fruit and vegetable consumption

According to the SNAP-Ed 2015 Annual Report, Kentucky is ranked seventh in the nation among states for low fruit and vegetable consumption. Most Kentuckians consume less than one serving a day. In response to this problem, the Harrison County Extension Service SNAP-Ed assistant and the Harrison County Family Resource Center conducted a Healthy Choices for Every Body class for seven parents at the Summer Feeding Program.

Participants viewed a cooking demonstrations and sampled healthy recipes that incorporated a variety of fruits and vegetables. Lessons included how to cook affordable, easy meals, how to save money on groceries, and how to be more physically active.

This program met once a week for seven weeks. All participants reported they did not eat any fruit when they enrolled but increased fruit consumption to at least one serving daily, with 17% getting two servings a day by the end of the class. Half of those who completed the program increased vegetable consumption by at least one serving daily and 82% improved diet quality by considering healthy choices more often, reading nutrition labels, and reducing sodium in their diets. One participant confessed during the first class that she did not eat any vegetables. By the end of the course she reported trying a variety of vegetables and discovered that she really enjoys green beans.



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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