

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 **8,227** Henderson County residents lived in poverty, and **2,878** of them were children. This is a **45.8%** increase in total poverty and **43.5%** 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, **7,050** Henderson County residents received SNAP benefits, a **46.8%** 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, **11,286** Henderson County residents were considered obese, representing **32.6%** (37.6%-27.8%) 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, **4,082** Henderson County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN HENDERSON COUNTY

Lifestyle improvements

In 2016, **94%** of adult participants made a positive change in food group choices and **57%** showed improvement in one or more food safety practices. In addition, **31%** began to plan meals in advance more often and **46%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **46%** improving their ability to choose healthy foods.

OUR SUCCESS

LEAP program focuses on healthy foods

The Henderson County Cooperative Extension SNAP-Ed Nutrition Education Program assistant conducts the LEAP Program (Literacy, Eating, and Physical Activity Program) in partnership with Henderson County Schools, the Title I program, and after-school programs. At each visit, a story is read to the children that focuses on healthy foods and behaviors. Through literature, children learn to model healthy behaviors such as eating from all the food groups, consuming fruits and vegetables that may be unfamiliar to them, and participating in fun physical activities. The program was conducted in second- and third-grade classrooms, and the after-school childcare program.

At each classroom visit by SNAP-Ed nutrition assistant, the children have the opportunity to taste different types of healthy foods. During one visit the students tasted blackberries, blueberries, and raspberries. Several students asked for more and said they were going to ask their parents to buy berries to eat at home. The students learned that these berries provide a variety of vitamins and minerals, and that they should eat at least two fruits a day for good health. They also learned that eating the right foods will make you full and give you energy. Some of the children had never tasted raspberries and learned by tasting them that they liked them.



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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