

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 **2,814** Henry County residents lived in poverty, and **927** of them were children. This is a **23.5%** increase in total poverty and **13.6%** 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, **2,368** Henry County residents received SNAP benefits, a **39.8%** 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, **3,596** Henry County residents were considered obese, representing **31.6%** (**39.3%-24.4%**) 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, Henry County residents with limited resources participated in nutrition education lessons **9,538** times.

OUR RESULTS

IN KENTUCKY

Lifestyle improvements

In 2016, **95%** of adult participants made a positive change in food group choices and **71%** showed improvement in one or more food safety practices. In addition, **65%** began to plan meals in advance more often and **71%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **83%** improving their ability to choose healthy foods.

OUR SUCCESS

Cooking matters to families

A collaboration among Dare to Care; the North Central District County Health Department, the KIPDA Rural Diabetes Coalition, and the Henry County Cooperative Extension Service resulted in a six-week Cooking Matters course for families. This course provided 11 families (Most of whom were dealing with diabetes) with in-depth nutrition education, experiential cooking, and meal-planning strategies for healthier lifestyles. The class also focused on menu planning, recipe makeovers, and safely using leftover foods for use in meals later in the week.

At each session, the participants cooked a meal and received enough groceries to later remake the meal for their families at home. One session

included an educational tour at the grocery store with the opportunity to purchase \$10 of healthy foods of their choice. Participants were challenged to put some part of the program into effect in their lives each week and were encouraged to share their successes the following week. These responses included incorporating more fruits and vegetables in their meals, preparing a new food for their family to try, and purchasing fewer processed foods. The eight participants who completed the program correctly answered a series of questions that covered the topics from all six nutrition lessons.

Feedback from the participants included: “This course has absolutely affected my life. I am more confident in my cooking and ability to buy more healthy foods,” “I am more aware of



labels and what they mean and I have learned to cut back on my oil,” “Thank you for providing me with education that has helped me stretch the money from my two jobs for my family of six. I feel so blessed by this experience.”

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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

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