

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 **828** Hickman County residents lived in poverty, and **269** of them were children. This is a **-4.2%** decrease in total poverty and **-3.6%** 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, **759** Hickman County residents received SNAP benefits, a **51.4%** 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, **1,307** Hickman County residents were considered obese, representing **35.2%** (**42.9%-27.9%**) 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, 2,107 Hickman County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN HICKMAN COUNTY

Lifestyle improvements

In 2016, 96% of adult participants made a positive change in food group choices and 56% showed improvement in one or more food safety practices. In addition, 44% began to plan meals in advance more often and 59% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 59% improving their ability to choose healthy foods.

OUR SUCCESS

Cooking skills improve healthful eating

Children who help to prepare their own meals eat significantly more vegetables than those who are not involved in cooking, according to Appetite (2014).

Cooking programs have been found to promote healthful eating among people of all ages. The Hickman County Cooperative Extension Family and Consumer Sciences Council concluded that families need to share more evening meals together and that children need to be taught simple cooking skills. In an effort to assist children and families to cook and prepare nutritious foods at home, the Hickman County Family and Consumer Sciences Extension agent collaborated with Hickman County Elementary School to offer a microwave cooking class as part of The Kids in the Kitchen initiative. The objectives of the class included teaching healthy cooking techniques, microwave food safety, nutrition using MyPlate recommendations, and healthy snack preparation.

Fifty-six children, age 9-13, participated in a two-hour class as part of the Falcon Flex Program. Several of the participants had not received any cooking instruction before attending class. As a result, students said they intended to use the recipes to prepare their own microwave snacks, and parents reported their students shared information that they had learned at the class.



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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