

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 **7,594** Hopkins County residents lived in poverty, and **2,574** of them were children. This is a **-8.1%** decrease in total poverty and **-7.3%** 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, **7,571** Hopkins 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, **12,241** Hopkins County residents were considered obese, representing **35.0%** (**39.5%-30.7%**) 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, 7,822 Hopkins County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN HOPKINS COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **89%** showed improvement in one or more food safety practices. In addition, **95%** began to plan meals in advance more often and **94%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **94%** improving their ability to choose healthy foods.

OUR SUCCESS

Healthy foods promote healthy lifestyles

The YMCA of Hopkins County, in conjunction with the Hopkins County Extension agents for 4-H/Youth Development and Family and Consumer Sciences, along with the 4-H assistant and SNAP-Ed Nutrition Education assistant received a grant to provide year-long, hands-on nutrition education programming to elementary students enrolled in the YMCA after-school care program. The 127 students enrolled in the program were taught the importance of choosing foods from all the food groups, how to use MyPlate as a guide for making healthy food choices, and basic cooking skills. Students also learned knife skills, stove-top safety, cooking techniques, and how to properly use basic small appliances such as blenders, griddles, and microwave ovens. Students used their knowledge when they worked together in groups to prepare healthy snacks.

As a result of the program, pre- and post-test program evaluation demonstrated a 40% increase in ability to identify fruits, vegetables, and dairy foods, a 36% increase in identification of healthy snacks, and a 69% increase in knowledge of when hand washing is needed. At the end of the program, all students enrolled reported having asked their caretakers to make at least one of the recipes learned during the program, and 82% reported using the skills they had learned at home.



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).

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



KYNEP.ca.uky.edu



Facebook.com/KYNEP