

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 **3,514** Jackson County residents lived in poverty, and **1,036** of them were children. This is a **-23.3%** decrease in total poverty and **-22.0%** 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, **4,025** Jackson County residents received SNAP benefits, a **16.3%** 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, **3,772** Jackson County residents were considered obese, representing **37.5% (44.1%-31.1%)** 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, **13,990** Jackson County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN JACKSON COUNTY

Lifestyle improvements

In 2016, **89%** of adult participants made a positive change in food group choices and **44%** showed improvement in one or more food safety practices. In addition, **48%** began to plan meals in advance more often and **44%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **44%** improving their ability to choose healthy foods.

OUR SUCCESS

Canning 101 increases interest in food preservation

The Jackson County Cooperative Extension Office has collaborated the past four years with the Promise Neighborhood Program to provide Canning 101, a food preservation class. The course objectives are to teach safe food preservation techniques, encourage more fruit and vegetable consumption, encourage individuals to grow more of their own produce, and increase the time youth spend interacting with adults.

The Jackson County Cooperative Extension Service taught the six-week course utilizing the University of Kentucky Food Preservation Curriculum. The Promise Neighborhood Program provided the canning incentives for completion of the program. Food preservation topics covered included drying, freezing, boiling water, canning, and pressure canning. In the past four years, approximately 200 youth and 200 adults have learned the basic principles of food preservation.

This past year, all participants reported improved knowledge of how to safely preserve food. Numerous letters from participants described the impact this class has had on them and their families regarding food preservation. One example tells of a 15-year-old boy who canned pickles by himself after the course. His mother wrote to express her appreciation for his new skill and the hope that he will pass this passion on to future generations.



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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