

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 **124,850** Jefferson County residents lived in poverty, and **40,184** of them were children. This is a **22.9%** increase in total poverty and **15.0%** 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, **110,516** Jefferson County residents received SNAP benefits, a **48.7%** 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, **179,324** Jefferson County residents were considered obese, representing **31.6% (33.2%-29.9%)** 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, **22,576** Jefferson County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN JEFFERSON COUNTY

Lifestyle improvements

In 2016, **95%** of adult participants made a positive change in food group choices and **86%** showed improvement in one or more food safety practices. In addition, **68%** began to plan meals in advance more often and **76%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **76%** improving their ability to choose healthy foods.

OUR SUCCESS

Healthy lifestyles in the Hispanic community

The Nutrition Education Program assistant with the Jefferson County Cooperative Extension Service collaborated with a church ministry in Jefferson County that serves a large Hispanic community. Many people in this community face language barriers when they grocery shop. An Expanded Food and Nutrition Education Program (EFNEP) class was held twice a month with the objectives of helping Hispanic community members make healthy lifestyle changes regarding eating, shopping, and food preparation habits. The class lessons included the importance of eating more vegetables and fruits, using less salt, learning to control portion sizes, and decreasing the amount of fried foods eaten. Although the group started with 15 women, it soon became a growing program as every class included new clients.

Class successes include one client with high cholesterol and weight issues who implemented smart grocery shopping practices and portion control. After four months of practicing what she learned in the program, her cholesterol levels had improved and she had lost 10 pounds. Her daughter was also struggling with an obesity problem, but now she and her daughter are both improving and feeling better as a result of the program.



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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