

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 **7,190** Jessamine County residents lived in poverty, and **2,649** of them were children. This is a **17.8%** increase in total poverty and **22.9%** 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, **7,099** Jessamine County residents received SNAP benefits, a **42.6%** 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, **11,388** Jessamine County residents were considered obese, representing **31.5%** (37.7%-25.9%) 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, **3,092** Jessamine County residents with limited resources participated in nutrition education lessons.

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

Lunch and Learn incorporates greens into everyday meals

The 2016 statistics report by the Trust for America’s Health ranks Kentucky as having the fifth-highest adult obesity rate in the nation and as one of only two states with increased rates from the previous year. Current health issues affecting Jessamine County include obesity, diabetes, poor cardiovascular health, and cancer. To address these issues, each month a healthy recipe from the Food and Nutrition Calendar or Plate It Up! Kentucky Proud is prepared and served during the Jessamine County Cooperative Extension Service Lunch and Learn series. The monthly series includes information on how to make healthy food choices and food preparation skills. One Lunch and Learn session featured a lightened-up lasagna recipe with a lesson on including greens into everyday meals. The recipe incorporates spinach, which offers more than 20% of the daily value of vitamin A, vitamin C, vitamin K, magnesium, manganese, folate, and iron. Participants were provided with a lesson on how and why to incorporate greens in everyday meals, which nutrients leafy green vegetables provide, and what these nutrients do for the body.

Participants taste-tested several types of greens during the lesson. After the lesson, half of the participants reported that they will definitely buy spinach and add it to an everyday meal and the other half reported they will probably buy spinach to add to an everyday meal.



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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