

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 **5,113** Knott County residents lived in poverty, and **1,398** of them were children. This is a **-4.0%** increase in total poverty and **0.1%** 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, **5,165** Knott County residents received SNAP benefits, a **20.8%** 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, **4,921** Knott County residents were considered obese, representing **40.2% (46.0%-34.6%)** 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, **8,636** Knott 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

Food preservation techniques taught to 21 participants

The latest figures reported by the Small Area Income and Poverty Estimates (2014) indicate 26.5% of Knott County residents live in poverty. To increase food security, a food preservation workshop was offered by the Family and Consumer Sciences Extension agent and three Knott County Extension Homemaker members. There were 21 participants.

A team teaching method was used to demonstrate pressure canning green beans, freezing green beans, making tomato juice, making apple jelly, and the boiling water canning technique. All of the participants reported learning something new, including how to process canning jars, when to begin timing the processing, and the importance of safety and following USDA-recommended guidelines.

In a follow-up survey, all participants reported home-processing fresh fruits and vegetables. The quantities of processed food reported by participants included 128 quarts of canned beans, 84 quarts of frozen beans, 26 dozen frozen ears of corn, 112 pints of frozen corn, 52 pints of canned corn, five bushels of dehydrated beans, 206 quarts of tomato juice, 91 pints of salsa, 133 pints of jams and jellies, 30 pints of kraut, 18 quarts of greens, 52 quarts of frozen apples, 44 quarts of peaches, and 36 pints of pickles.



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.



KYNEP.ca.uky.edu



[Facebook.com/KYNEP](https://www.facebook.com/KYNEP)