

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 **10,824** Knox County residents lived in poverty, and **3,608** of them were children. This is a **9.6%** increase in total poverty and **4.8%** 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, **11,120** Knox County residents received SNAP benefits, a **22.2%** 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, **9,224** Knox County residents were considered obese, representing **39.3% (44.9%-33.8%)** 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, **2,249** Knox County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN KNOX COUNTY

Lifestyle improvements

In 2016, **90%** of adult participants made a positive change in food group choices and **86%** showed improvement in one or more food safety practices. In addition, **65%** began to plan meals in advance more often and **65%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **65%** improving their ability to choose healthy foods.

OUR SUCCESS

Plate It Up! Kentucky Proud recipe sampling at farmers market

Prior to the implementation of the Knox County Farmers Market in 2014, fresh local produce was not easily accessible for many Knox County residents. Now that it is, the Knox County Cooperative Extension Service Family and Consumer Sciences Program wants to make sure residents know how to make these local foods part of a healthy diet. They have partnered with the Knox County Farmers Market to set up a booth offering Plate It Up! Kentucky Proud recipe samples to market patrons.

Many patrons commented that they would not have been inclined to try certain unfamiliar varieties of produce, but after tasting the Plate It Up! Kentucky Proud recipes they are willing to try them at home. This benefits not only the health of patrons and their families but supports the local farm economy. Other remarks overheard include: “I can’t wait to have my mom make this for dinner!” and “My family loved last week’s recipe so much we’ve had it three times.”



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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