

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 **2,292** Lee County residents lived in poverty, and **632** of them were children. This is a **-2.1%** decrease in total poverty and **-4.0%** 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, **2,577** Lee County residents received SNAP benefits, a **20.9%** 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, **2,042** Lee County residents were considered obese, representing **33.9% (40.6%-27.9%)** 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, **1,185** Lee County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN LEE COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **67%** showed improvement in one or more food safety practices. In addition, **76%** 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 **71%** improving their ability to choose healthy foods.

OUR SUCCESS

SNAP-Ed/4-H collaborate to offer cooking camp

According to the State of Obesity Report, 19.7% of Kentucky youths age 10-17 are obese, placing Kentucky eighth in the nation in rate of obesity. Recent research indicates that involving kids in preparing and cooking their own meals may make them more likely to choose healthier foods. This year, the Lee County 4-H and SNAP-Ed programs collaborated to offer a cooking camp for youth age 9 and up. Youth participating in this camp learned kitchen skills such as the correct way to hold a knife, cutting skills (chopping, mincing, and dicing), and the proper methods to measure ingredients. They also learned manners and table etiquette using the 4-H Etiquette KICKS curriculum.

As a culminating event, the youth prepared a full meal for their parents or guardians. The menu included salad on a stick served with herb dressing, one-pot spaghetti, and fruit salad parfaits. The youth prepared the entire meal from scratch, set the table properly, and served their guests as they arrived.

Program evaluations found that participating youth reporting an increased knowledge of nutrition, proper etiquette, knife skills, kitchen safety, hygiene, and food safety.



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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