

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 **3,514** Leslie County residents lived in poverty, and **890** of them were children. This is a **-2.6%** decrease in total poverty and **-5.0%** 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, **3,572** Leslie County residents received SNAP benefits, a **7.4%** 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, **3,658** Leslie County residents were considered obese, representing **43.2%** (**49.2%-37.2%**) 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, 5,237 Leslie 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

Programs improve senior adult health and nutrition

The 65 and over age group is the fastest-growing population in the United States. According to Kentucky By the Numbers, Kentucky already is one of the nation’s “grayer” states, with 13.3% of its population age 65 or older. Leslie County’s 65 and older population is 14.2%. Research shows that an inactive lifestyle not only increases the risk of becoming overweight or obese but also contributes to an increased risk for disease and disability. With a rapidly increasing older adult population, the importance of making healthy lifestyle choices is a necessity.

The Leslie County Family and Consumer Sciences agent offers monthly programs to three senior citizens centers and one community center, discussing issues related to nutrition and health. Lessons include information about healthy portion sizes; increasing consumption of fruits, vegetables, and dairy foods; and how to increase physical activity daily. Plate It Up Kentucky Proud information and recipes are also shared.

In a follow-up survey of program participants, 87% report increasing the amount of fruits and vegetables consumed daily, drinking more water instead of sugar-sweetened beverages, and increasing their physical activity. As a result of practicing better health choices, 93% said that they feel better and have more energy. Comments from some of the participants include, “I enjoy you coming and bringing new and healthy recipes for us to enjoy,” and “I didn’t know that I was eating larger portions than what is recommended.”



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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