

## 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**.<sup>1</sup> Kentucky has high rates of poverty and food insecurity when compared to the United States as a whole.<sup>1</sup>

	Kentucky	U.S.
<b>Total Poverty</b>	18.5%	14.7%
<b>Child Poverty</b>	25.9%	20.7%
<b>Food Insecurity</b>	17.6%	13.7%
<b>Very Low Food Secure</b>	7.3%	5.4%

In 2014, an estimated **6,650** Lincoln County residents lived in poverty, and **2,003** of them were children. This is a **31.8%** increase in total poverty and **20.2%** increase in child poverty since 2007.<sup>2</sup>

#### 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.<sup>1</sup>

In 2015, **5,226** Lincoln County residents received SNAP benefits, a **42.2%** increase since 2007.<sup>3</sup>

	Kentucky	U.S.
<b>SNAP Participation</b>	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.<sup>4</sup> Kentucky has a high prevalence of hypertension, diabetes, and obesity, ranking in the top 10 when compared to other states.<sup>5</sup> 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.<sup>4</sup>

In 2013, **5,558** Lincoln County residents were considered obese, representing **30.8%** (37.4%-24.7%) of the county's population.<sup>6</sup>

## 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, **4,801** Lincoln County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN LINCOLN COUNTY

#### Lifestyle improvements

In 2016, **86%** of adult participants made a positive change in food group choices and **59%** showed improvement in one or more food safety practices. In addition, **36%** began to plan meals in advance more often and **50%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **50%** improving their ability to choose healthy foods.

## OUR SUCCESS

### Promoting physical activity through exercise program

**M**any people in Lincoln County suffer from illnesses that could be prevented or improved through regular physical activity. Such illnesses include coronary heart disease, diabetes, certain kinds of cancer, and high blood pressure. About 29% of people report no leisure-time physical activity.

In order to promote physical activity, the Lincoln County Family and Consumer Sciences Extension agent taught Easy Commercial Break Exercises to residents in eight counties. This program was a train-the-trainer program in which leaders attended the training and then taught what they learned to their fellow club members. Forty-four people participated in the trainings and then taught the information to over 800 people.

Of those who returned evaluations, all reported improving their level of understanding related to safety before beginning an exercise program, the need to assess their physical condition before beginning an exercise program, the benefits of exercise, and different types of exercises. As a result of this training, 98% reported planning to assess their personal safety before beginning physical activity, 92% reported planning to practice seated or standing exercises three or more times per week, 88% reported plans to sit less than 30 minutes at a time most days of the week, and 97% reported planning to seek creative ways to incorporate physical activity into their daily routines.



#### SOURCES:

1. [Frac.org/reports-and-resources/national-and-state-program-data-2](http://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](http://Stateofobesity.org), accessed September 2016
6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

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