

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 **1,299** Livingston County residents lived in poverty, and **429** of them were children. This is a **2.0%** increase in total poverty and **11.1%** 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, **1,330** Livingston County residents received SNAP benefits, a **53.9%** 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, **2,177** Livingston County residents were considered obese, representing **29.7%** (**36.1%-24.1%**) 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, **2,313** Livingston County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN LIVINGSTON COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **75%** began to plan meals in advance more often and **70%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **70%** improving their ability to choose healthy foods.

OUR SUCCESS

Weight: The Reality Series works

The 2014 Livingston County Health Indicators Profile report, developed by the Community and Economic Development Initiative of Kentucky, revealed that 33.8% of adults living in Livingston County are obese and 36.2% are physically inactive. In order to lower these percentages, it is crucial that county residents make lifestyle changes, learn to eat healthier, and increase physical activity levels.

To address this need, the Livingston County Cooperative Extension Service presented Weight: The Reality Series, a six-week program. As a result of the program, all participants decreased their overall weight, reported understanding the benefits of physical activity, and increased the amount of physical activity in their lives. All participants reported eating healthier foods after the program, 56% said they had become highly effective in managing their weight, and 44% indicated they had become somewhat effective in managing their weight. All participants responded that during the six-week program they had made some type of lifestyle change toward improving their eating and exercise habits, including, but not limited to, avoiding sweets, increasing fruit and vegetable consumption, controlling portion sizes, and starting a regular exercise routine.



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).

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