

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 **4,486** Logan County residents lived in poverty, and **1,645** of them were children. This is a **2.6%** increase in total poverty and **9.7%** 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, **3,864** Logan County residents received SNAP benefits, a **38.0%** 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, **6,998** Logan County residents were considered obese, representing **35.2% (41.4%-29.8%)** 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, 5,913 Logan County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN LOGAN COUNTY

Lifestyle improvements

In 2016, 89% of adult participants made a positive change in food group choices and 67% showed improvement in one or more food safety practices. In addition, 57% began to plan meals in advance more often and 63% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 63% improving their ability to choose healthy foods.

OUR SUCCESS

Life Skills Industries’ salad class encourages healthy eating

According to the Institute for Health Metrics and Evaluation (2011), Logan County has an adult obesity rate of 40%. Research indicates that obesity rates for adults with disabilities are higher than for adults without disabilities. To address this issue, the Logan County Cooperative Extension SNAP-Ed assistant partnered with Life Skills Industries, a workplace for developmentally disabled adults, to conduct a salad cooking class for clients and workers. The six-week program included nutrition lessons, a food demonstration, and sampling healthy foods that were prepared.

Many participants began the class with a history of consuming high sugar-sweetened beverages and high-calorie snacks. They were encouraged to try new foods and gained hands-on experience in basic knife skills, food preparation, food safety, and sanitation. Other class topics included portion sizes, sodium intake, the importance of drinking water, and reading nutrition labels. The foods prepared in class included chicken salad, 5-a-day salad, fruit salad, and pasta salad.

Post-class evaluation indicated a 100% improvement in food safety and food handling practices. Almost half (40%) reported consuming more fruits and vegetables, and half reported drinking at least six cups of water daily and being active for 30 to 60 minutes a day. The class participants loved the new salad recipes as alternatives to higher fat and calorie options.



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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