

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 **15,947** Madison County residents lived in poverty, and **4,119** of them were children. This is a **13.0%** increase in total poverty and **3.4%** 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, **11,882** Madison County residents received SNAP benefits, a **43.9%** 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, **20,430** Madison County residents were considered obese, representing **32.2%** (**36.6%-27.7%**) 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, **11,130** Madison County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN MADISON COUNTY

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, **59%** 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

Food safety improves health

The Centers for Disease Control and Prevention reports that there are more than 200 known diseases transmitted through food, and that approximately one out of six people in America are sickened by foodborne illness annually. The Madison County Expanded Food and Nutrition Education Program (EFNEP) assistant teaches food safety to help people understand and avoid foodborne illness.

Recently, 18 Hispanic road crew workers became ill after eating a potluck lunch of meats, cheeses, vegetables that had been stored in a van with no coolers when it was 90 degrees outside. The men had no knowledge of proper temperatures for safely storing and handling food, or that improper storage could make them sick. The EFNEP assistant was contacted and provided food safety lessons in Spanish to the crew members and crew foreman. One of the bilingual workers helped by translating participants’ questions.

As a result, crew members now pack their lunches in insulated bags with blue ice to keep their food at the proper temperature for safe consumption. The foreman and crew were very appreciative of the information and now receive the Spanish version of the bimonthly Healthy Choices newsletter with more useful information for them and their families.



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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