

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 **3,850** Magoffin County residents lived in poverty, and **1,191** of them were children. This is a **-5.9%** decrease in total poverty and **-12.4%** 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, **4,652** Magoffin County residents received SNAP benefits, a **11.0%** 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, **3,264** Magoffin County residents were considered obese, representing **33.7%** (**39.9%-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, 6,724 Magoffin County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN MAGOFFIN COUNTY

Lifestyle improvements

In 2016, 93% of adult participants made a positive change in food group choices and 76% showed improvement in one or more food safety practices. In addition, 80% began to plan meals in advance more often and 75% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 75% improving their ability to choose healthy foods.

OUR SUCCESS

Color Is the Key to healthy eating for youth

The 2015-2020 Dietary Guidelines for Americans recommends that children age 6 to 13 years consume 1.5- to 3-cup servings of fruits and vegetables daily. In 2013, the National Youth Risk Behavior Survey indicated 44.6% of Kentucky adolescents on average consume only one serving of fruit daily.

To increase fruit and vegetable consumption among youth in Magoffin County, the 4-H Youth Development agent partnered with the Family and Consumer Sciences agent, the Magoffin County SNAP-Ed Nutrition Education Program and the Magoffin County Board of Education to provide the Color Is the Key program in 2016. Volunteers also assisted with delivery and organization of the program. During the program, team members

taught a fruit and vegetable lesson to students, who were then offered five different vegetable and fruit samples for tasting. Students were also given cards with program information to take home. The program was successfully completed with 981 youth in the three Magoffin County public elementary schools and one middle school.

According to survey results, 45% of students tried fruits or vegetables new to them, and 95% of students liked the taste of at least one fruit or vegetable sampled. Parents reported that their children asked to grow the fruits and vegetables sampled from the program in the family garden. Youth who had previously participated in the program reported that their parents were now purchasing the fruits and vegetables they had sampled and enjoyed.



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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