

## 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 **3,977** Marshall County residents lived in poverty, and **1,172** of them were children. This is a **3.9%** increase in total poverty and **2.8%** 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, **3,568** Marshall County residents received SNAP benefits, a **33.2%** 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, **8,261** Marshall County residents were considered obese, representing **34.1% (38.8%-29.1%)** 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, 4,987 Marshall County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN MARSHALL COUNTY

#### Lifestyle improvements

In 2016, 91% of adult participants made a positive change in food group choices and 45% showed improvement in one or more food safety practices. In addition, 45% began to plan meals in advance more often and 27% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 27% improving their ability to choose healthy foods.

## OUR SUCCESS

### Freezer meal planning teaches families to prepare

According to 2015 U.S. Census data, 13.5% of Marshall County residents live in poverty. Additionally, the USDA estimates that food waste in the United States comprises 30%-40% of the food supply. This has a far-reaching impact on food security and resource conservation.

To help address these issues in Marshall County, a Freezer Meal Planning class was provided to educate families about the importance of planning meals that can be frozen. Preparing inexpensive, nutritious meals ahead of time can save families money by reducing food waste and encouraging eating at home more often.

Follow-up surveys indicated that class participants found planning and making freezer meals resulted in less stress and more enjoyment at meal times. Participants ranked the top three benefits to be saving money, having healthier meals, and less stress. One participant said, “It is such a relief to already know what’s for dinner!”



#### 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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