

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 **4,401** Martin County residents lived in poverty, and **1,093** of them were children. This is a **6.2%** increase in total poverty and **-15.2%** 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, **3,981** Martin County residents received SNAP benefits, a **7.1%** 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, **3,847** Martin County residents were considered obese, representing **39.3%** (**46.6%-32.1%**) 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, 4,371 Martin County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN KENTUCKY

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, 65% began to plan meals in advance more often and 71% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 83% improving their ability to choose healthy foods.

OUR SUCCESS

Effectively fighting the battle against obesity

According to recent data from the Institute for Health Metrics and Evaluation, Martin County is in the top 10% of all counties with regard to highest adult obesity rate, lowest life expectancy, and highest rate of poverty. A current CDC-funded project in Martin County is providing strategies to support improved health behaviors and health outcomes by reducing the prevalence of obesity and obesity-related chronic conditions. This project will utilize services provided by the Kentucky Cooperative Extension Service and area partners including the Martin County Health Department, Martin County Schools, Big Sandy Diabetes Coalition, WellCare Community Advocate Agency, Martin County Family Resource and Youth Services

Centers.

A team from the University of Kentucky, along with the local project members, conducted a needs assessment to list the causes and effects of obesity in Martin County. The team also highlighted the assets that Martin County currently possesses to help it become healthier. Assets identified included the Martin County Ministerial Association, farmers market, WIC program, Senior Citizens Center/Meals on Wheels, Kiwanis, Diabetes Prevention Program/Martin County Diabetes Coalition, Summer Feeding Program, fitness center, community center, food pantries, Sunday Funday, public pool, bike trails and indoor walking track, public parks, intramural sports, and the county’s spirit of collaboration.



In the first year of the project, over 400 participants took part in programs conducted in Martin County to encourage healthy lifestyles. All programs were focused on healthy eating, becoming more health conscious, and making weight loss a reality. Participants made changes to their eating and/or grocery shopping habits.

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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