

## 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 **7,525** McCreary County residents lived in poverty, and **1,927** of them were children. This is a **24.0%** increase in total poverty and **-13.6%** decrease 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, **5,975** McCreary County residents received SNAP benefits, a **13.7%** 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, **4,645** McCreary County residents were considered obese, representing **34.3% (40.3%-28.3%)** 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, 5,700 McCreary County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN MCCREARY COUNTY

#### Lifestyle improvements

In 2016, 99% of adult participants made a positive change in food group choices and 79% showed improvement in one or more food safety practices. In addition, 55% began to plan meals in advance more often and 56% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 56% improving their ability to choose healthy foods.

## OUR SUCCESS

### Improving our county's nutrition one youth at a time

Figures from the 2011 State of Obesity in Kentucky report that our youth rank in the top 10 worst in the nation: 2-4 year-olds have an obesity rate of 15.5%, 10-17 year-olds have an obesity rate 19.7% and high school students have an obesity rate of 18.5%. To address the high obesity rates, the McCreary County Extension Service conducted monthly nutrition programs in the McCreary County School System, McCreary County Public Library and the Lake Cumberland Head Start Program. Program topics included MyPlate, portion sizes, healthy snacks, water, food safety, and physical activity.

Some 455 youth participated in the classes. To evaluate program impact, pretests were given at the first session and post-tests were given at the last session. Results indicated that 91% of youth improved their abilities to choose foods according to federal dietary recommendations, 63% made healthier snack choices, 51% improved their knowledge of vegetables, 48% improved knowledge of fruits, 51% improved their knowledge of dairy, 78% improved their knowledge of safe food handling practices, and 50% improved their physical activity practices. Several students stated that they had asked their parents to purchase healthier snacks to eat at home.



#### 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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