

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 **1,580** McLean County residents lived in poverty, and **535** of them were children. This is a **2.9%** increase in total poverty and **5.5%** 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, **1,303** McLean County residents received SNAP benefits, a **17.0%** 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, **2,595** McLean County residents were considered obese, representing **36.8% (44.2%-29.9%)** 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, **3,046** McLean 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

Families learn to cook safely and better manage resources

Food safety is a concern for many families, especially during the holiday season. According to the Centers for Disease Control and Prevention, every year, one in six Americans get sick from consuming foods and/or drinks that cause foodborne illness. In order to address this issue, the Family and Consumer Sciences agent in McLean County has taught a Thanksgiving food safety lesson for limited-resource families in partnership with the local schools’ family resource centers. Through the program, families have learned how to prepare, cook, and store turkey, along with other holiday food safety tips. Program participants viewed a demonstration of how to make a leftover Thanksgiving casserole and sampled the recipe. Participants learned the proper way to thaw a turkey, could identify food danger-

zone temperatures, and ways to use leftover turkey. One participant shared how she has made improvements in food management practices.

“In the past, I would throw away leftover turkey after Thanksgiving dinner. Now I will use extra turkey to make the leftover thanksgiving casserole we sampled.”

Six months after the program, participants completed a follow-up survey where they reported implementing food safety skills at home, such as thawing food properly before cooking, washing hands before preparing food, and storing/freezing foods properly. Furthermore, participants reported an increase in their fruit and vegetable consumption, saving money on their grocery budget, and selecting food based on personal and/or family health. All indicated they are now safely using leftovers.



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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