

## 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 **1,668** Menifee County residents lived in poverty, and **515** of them were children. This is a **-7.7%** decrease in total poverty and **-7.2%** 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, **1,586** Menifee County residents received SNAP benefits, a **0.7%** 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, **1,596** Menifee County residents were considered obese, representing **33.3% (39.2%-27.8%)** 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, **1,087** Menifee County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN MENIFEE COUNTY

#### Lifestyle improvements

In 2016, **98%** of adult participants made a positive change in food group choices and **81%** showed improvement in one or more food safety practices. In addition, **91%** began to plan meals in advance more often and **91%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **91%** improving their ability to choose healthy foods.

## OUR SUCCESS

### Residents learn to preserve summer produce to enjoy year-round

Eating fruits and vegetables daily is a key component in a healthy diet. However, less than 10% of Menifee County adults consume the recommended daily amount of fruits and veggies each day according to data from Kentucky Health Facts. As a result of poor diet and lack of physical activity, over 60% of adults in Menifee County are overweight or obese. Food insecurity, in part, contributes to adults’ lack of daily consumption of the recommended amount of fruits and vegetables. According to Feeding America data, over 18% of the Menifee County population have experienced food insecurity in 2014.

To address these issues, Menifee County Extension Service held a food preservation workshop for local residents. During the three-day workshop, participants learned proper techniques for canning, freezing, and drying food. Experience varied among participants, with some being novice preservationists and others experienced canners. Regardless of skill level, everyone gained knowledge and many were interested in learning more.

- All improved knowledge on proper safety techniques for home food preservation.
- 75% were new to UK Cooperative Extension and showed interest in participating in future programs.



#### 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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



[KYNEP.ca.uky.edu](http://KYNEP.ca.uky.edu)



[Facebook.com/KYNEP](https://www.facebook.com/KYNEP)

University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension