

## 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 **2,748** Monroe County residents lived in poverty, and **916** of them were children. This is a **-5.1%** decrease in total poverty and **4.4%** 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, **2,407** Monroe County residents received SNAP benefits, a **31.2%** 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, **2,409** Monroe County residents were considered obese, representing **29.9%** (**36.8%-23.4%**) 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, **4,210** Monroe 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

### Monroe County youth build healthy habits

According to the Centers for Disease Control and Prevention, 18% of Kentucky’s youth are obese and 30% of citizens report no leisure-time physical activity. Increased consumption of unhealthy food, stress, and built environments that impede physical activity are largely responsible for the obesity epidemic. As a result, Kentuckians are dying from heart disease and cancer at higher rates than all Americans. Minorities and individuals residing in Appalachia bear a heavier brunt of the obesity and chronic disease burden. County Health Rankings and Roadmaps rank Monroe County 64th out of 120 counties in terms of health, with a high percentage of obesity, physical inactivity and smoking.

The Monroe County Extension

Council identified the need to assist youth in developing healthy habits in nutrition and exercise as a key focus for Monroe County 4-H Youth Development. As a result, the 4H program promoted health education, physical activity programs, and healthier school environments. During the 2015-2016 school year, the 4-H Health program was presented to each child monthly in preschool, daycare, and Head Start. The program was also presented through the 21st Century Learning Center’s 4-H After-School program in all three elementary schools. Students in each class learned about the MyPlate guidelines, prepared healthy snacks and meal options, and took home recipes that included a monthly exercise for the family to try. Students also learned that exercise



can be fun by participating in the 4-H Dance Fit program. At the end of the school year, the majority of students made nutritional improvements. Seventy-seven percent stated they had tried a new healthy food they enjoyed and 81% had asked their parents or guardians to prepare one of the meals or snacks they had prepared in class.

#### 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.

University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension



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



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