

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 **3,489** Morgan County residents lived in poverty, and **958** of them were children. This is a **4.1%** increase in total poverty and **-6.2%** 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, **3,008** Morgan County residents received SNAP benefits, a **2.6%** 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, **3,753** Morgan County residents were considered obese, representing **35.5% (40.1%-30.9%)** 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, **8,210** Morgan County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN MORGAN COUNTY

Lifestyle improvements

In 2016, **98%** of adult participants made a positive change in food group choices and **83%** showed improvement in one or more food safety practices. In addition, **90%** began to plan meals in advance more often and **98%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **98%** improving their ability to choose healthy foods.

OUR SUCCESS

Collaborative intervention provides fresh take on healthy eating

In an effort to combat diabetes, cancer, and heart disease among residents in Morgan County, UK Cooperative Extension’s Family and Consumer Sciences agent and Expanded Food and Nutrition Education (EFNEP) assistant partnered with the University of Kentucky College of Nursing to implement a heart-healthy cooking intervention. Twenty-six family representatives completed a 12-month program, where they participated in hands-on cooking lessons. They learned a variety of cooking techniques and how to plan and prepare meals that are nutritious and budget friendly with locally sourced ingredients.

One resident explained how the classes changed her perception of dull and flavorless heart-healthy cooking. “I started incorporating fresh herbs to boost the flavor of heart-healthy cooking. It has given me and my family a fresh take on cooking within new health parameters. The change from meat and potato meals to a meatless three bean chili has allowed our family to cut down on sodium intake, increase vegetable consumption and study food labels when meal planning.”



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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