

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 **6,368** Muhlenberg County residents lived in poverty, and **1,898** of them were children. This is a **6.5%** increase in total poverty and **8.1%** 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, **5,174** Muhlenberg County residents received SNAP benefits, a **30.3%** 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, **9,019** Muhlenberg County residents were considered obese, representing **37.8%** (**43.2%-32.2%**) 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, 13,342 Muhlenberg County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN MUHLENBERG COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **64%** showed improvement in one or more food safety practices. In addition, **64%** began to plan meals in advance more often and **76%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **76%** improving their ability to choose healthy foods.

OUR SUCCESS

Summer program helps youth become more active and eat more vegetables

Muhlenberg County Cooperative Extension Service collaborated with the Southern Muhlenberg Nutrition and Summer Feeding Program to provide nutrition education to students and their parents. The Family and Consumer Sciences agent worked with adults on improving money management and nutrition choices, while the SNAP-Ed program assistant taught youth how to make better food and beverage choices and practice food safety. Games and activities were incorporated to help students recognize MyPlate food groups. The 4-H agent encouraged participants to increase physical activity each week.

Twenty-three youth attended all five weeks of the program and made a variety of healthy lifestyle improvements.

- 86% spent fewer hours watching TV or movies, playing electronic games, or using a computer for something that is not schoolwork.
- 86% washed their hands more often before eating.
- 86% put foods back in the refrigerator within two hours more often.
- 71% increased the frequency of being physically active during the week.
- 71% ate vegetables more often.



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

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