

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 **4,633** Ohio County residents lived in poverty, and **1,656** of them were children. This is a **2.9%** increase in total poverty and **4.5%** 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, **3,801** Ohio County residents received SNAP benefits, a **20.1%** 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, **6,542** Ohio County residents were considered obese, representing **37.2% (43.2%-31.4%)** 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, Ohio County residents with limited resources participated in nutrition education lessons **18,836** times.

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

Residents take small steps to improve health and wellness

To help Ohio County residents improve their health and personal finances, the UK Cooperative Extension Service, Family and Consumer Sciences agent, launched an online wellness program called Kentucky 2016 Resolution Restart.

The six-week program included a discussion of 20 similarities between health and personal finance issues and 10 suggested behavioral change strategies that can be applied to either area of life. The impact of health on finances and finances on health was also explored. The program concluded with a discussion of seven key health and wealth success factors: attitude, automation, awareness/knowledge, control, environment, goals, and time.

Twenty participants tracked

the daily choices they made related to nutrition, physical activity, and personal finances. Each participant took small steps to create big improvements in their health.

Collectively, participants:

- Consumed at least 764 cups of fruits and vegetables.
- Exercised a minimum of 3,630 minutes or 60.5 hours.
- Chose to drink water instead of a sugar-sweetened beverage 187 times.
- Tracked 820,000 steps or 410 miles with a pedometer.
- Learned something new related to health 189 times.
- Saved more than \$208 in loose change.
- Saved or invested at least \$500, including automatic deposits.



- Tracked daily expenditures 173 times.
- Ate dinner prepared at home instead of eating out 162 times, saving approximately \$810.
- Learned something new related to personal finance 158 times.

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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