

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 **3,211** Oldham County residents lived in poverty, and **1,115** of them were children. This is a **3.1%** increase in total poverty and **41.0%** 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, **1,998** Oldham County residents received SNAP benefits, a **18.6%** 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, **12,415** Oldham County residents were considered obese, representing **28.0%** (**32.9%-23.4%**) 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, **2,869** Oldham County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN OLDHAM COUNTY

Lifestyle improvements

In 2016, **97%** of adult participants made a positive change in food group choices and **82%** showed improvement in one or more food safety practices. In addition, **65%** began to plan meals in advance more often and **82%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **82%** improving their ability to choose healthy foods.

OUR SUCCESS

Food bank shoppers gain nutrition and cooking knowledge

Food bank shoppers in Oldham County now know how to stretch their food budgets to provide healthy meals for their families. The UK Cooperative Extension’s Family and Consumer Sciences agent and Nutrition Education Program assistant partnered to teach a nutrition and cooking program at two local food banks. Participants learned to shop smarter and use nutritional information to make meals that are healthy, affordable, and delicious.

Twenty-five families, including young families with children and grandparents who are helping raise grandchildren, participated in the six-week program. Participants shared what they learned from the program and described the healthy habits they have started building.

“I now know how to incorporate more vegetables into a meal and they actually taste good.”

“I learned how to shop smart and properly use a knife.”

“I now know what to look for on a food label and I have become aware of the benefits of cooking healthy.”

“These classes really helped me to plan and organize healthy meals for my family.”



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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