

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 **1,984** Owsley County residents lived in poverty, and **507** of them were children. This is a **-0.9%** decrease in total poverty and **-8.2%** 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, **2,069** Owsley County residents received SNAP benefits, a **12.3%** 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, **1,186** Owsley County residents were considered obese, representing **33.6% (40.3%-26.6%)** 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, **17,129** Owsley County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN OWSLEY COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **98%** showed improvement in one or more food safety practices. In addition, **100%** began to plan meals in advance more often and **97%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **97%** improving their ability to choose healthy foods.

OUR SUCCESS

Students learn to grow their own food, enjoy nutritious lunches

Students in the Owsley County School District have started growing their own food, which is being served in the school cafeteria. The Owsley County UK Cooperative Extension Service partnered with five other agencies to create a 10-acre school garden. The Farm-to-School Program was implemented to provide farming education to students and high-quality, nutritious produce for the school lunch program.

- 80% of the total harvest was used in the cafeteria, and the rest was sold at the farmers market by students to fund supplies for next year’s garden.
- The school district has saved \$4,000 annually by growing produce for the cafeteria.

Extension plays a major role in educating students and adults about growing and marketing vegetables. Workshops have covered basics of growing and marketing produce, soil fertility, planting dates, variety selection, garden plans, pesticide use and safety, insect and disease control, harvest dates, and marketing.



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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