

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 **7,401** Perry County residents lived in poverty, and **2,045** of them were children. This is a **-18.2%** decrease in total poverty and **-34.8%** 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, **9,455** Perry County residents received SNAP benefits, a **16.6%** 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, **7,928** Perry County residents were considered obese, representing **37.0% (41.2%-32.9%)** 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, **9,694** Perry County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN PERRY COUNTY

Lifestyle improvements

In 2016, **89%** of adult participants made a positive change in food group choices and **88%** showed improvement in one or more food safety practices. In addition, **85%** began to plan meals in advance more often and **91%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **91%** improving their ability to choose healthy foods.

OUR SUCCESS

Families learn how to prepare quick and healthy meals

To encourage families to eat more home-cooked meals, Perry County Cooperative Extension, Family and Consumer Sciences offered a cooking workshop on preparing quick, healthy meals. The series included recipe demonstrations with the use of a slow cooker and microwave. Prior to the class, all participants owned slow cookers and microwaves, but they had not used them to prepare meals. In addition to learning how to prepare healthy meals in minutes, participants learned about food safety, including how to thaw foods properly before cooking. After the workshop, participants shared what they learned and how they benefited from the program. Positive results from the program include:

- All learned they should not thaw foods on the counter or put large frozen cuts of meat in the slow cooker.
- All felt comfortable cooking meals in the microwave instead of using the microwave just to heat foods or beverages.
- All learned about the different options for slow cookers and felt more confident about using this option.
- All liked the recipes that were prepared during the workshop and indicated that they would prepare them for their families.



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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