

# 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**.<sup>1</sup> Kentucky has high rates of poverty and food insecurity when compared to the United States as a whole.<sup>1</sup>

	Kentucky	U.S.
<b>Total Poverty</b>	18.5%	14.7%
<b>Child Poverty</b>	25.9%	20.7%
<b>Food Insecurity</b>	17.6%	13.7%
<b>Very Low Food Secure</b>	7.3%	5.4%

In 2014, an estimated **16,796** Pike County residents lived in poverty, and **4,187** of them were children. This is a **25.3%** increase in total poverty and **12.9%** increase in child poverty since 2007.<sup>2</sup>

### 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.<sup>1</sup>

In 2015, **15,296** Pike County residents received SNAP benefits, a **23.1%** increase since 2007.<sup>3</sup>

	Kentucky	U.S.
<b>SNAP Participation</b>	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.<sup>4</sup> Kentucky has a high prevalence of hypertension, diabetes, and obesity, ranking in the top 10 when compared to other states.<sup>5</sup> 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.<sup>4</sup>

In 2013, **19,012** Pike County residents were considered obese, representing **38.9% (42.6%-35.5%)** of the county's population.<sup>6</sup>

## 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, **13,178** Pike County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN PIKE COUNTY

#### Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **93%** showed improvement in one or more food safety practices. In addition, **84%** began to plan meals in advance more often and **94%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **94%** improving their ability to choose healthy foods.

## OUR SUCCESS

### Healthy choices program helps families make lifestyle improvements

**A** new curriculum for adults called Healthy Choices for Every Body helps limited-resource participants make positive behavior changes to achieve and maintain a healthy lifestyle on a budget. In Pike County, 261 limited-resource families graduated from the Healthy Choices for Every Body program, which helped them build healthy habits. Program instruction was provided by Cooperative Extension, Nutrition Education Program assistants. As a result:

- 98% of families made an improvement in the nutritional quality of their diet.
- 77% of families consumed a higher quality diet after graduating.
- 69% of families learned to use food resources more wisely, to plan meals, and use a grocery list to guide food selections.
- 60% of families demonstrated an improvement in safe food handling practices and hand washing.



#### SOURCES:

1. [Frac.org/reports-and-resources/national-and-state-program-data-2](http://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](http://Stateofobesity.org), accessed September 2016
6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

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