

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 **3,247** Powell County residents lived in poverty, and **1,107** of them were children. This is a **-6.9%** decrease in total poverty and **-9.9%** 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, **3,742** Powell County residents received SNAP benefits, a **26.5%** 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, **3,343** Powell County residents were considered obese, representing **36.3% (44.0%-28.9%)** 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, **9,680** Powell County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN POWELL COUNTY

Lifestyle improvements

In 2016, **100%** of adult participants made a positive change in food group choices and **92%** showed improvement in one or more food safety practices. In addition, **67%** began to plan meals in advance more often and **89%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **89%** improving their ability to choose healthy foods.

OUR SUCCESS

Students and adults rethink their drink

Students in Powell County learned to Rethink Their Drink and find out where sugar is hiding during an annual reading celebration conducted by the local school system. The Powell County Cooperative Extension Service played a vital role in educating the over 750 adults and youth in attendance. Through educational displays, participants learned how to recognize hidden sugars in the many foods and drinks they consume daily. They were given handouts, providing further education on how to spot added sugars.

The majority of participants were shocked to see the amount of sugar they were consuming. A few students commented on what they learned from the event and how they plan to use that knowledge.

- “I had no idea that much sugar was in a sports drink.”
- “I had always just looked for the word ‘sugar’ in the ingredients and had no idea companies were allowed to disguise it.”
- “I will start paying better attention to the ingredients thanks to the information on recognizing hidden sugars.”



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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