

# 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 **16,338** Pulaski County residents lived in poverty, and **4,826** of them were children. This is a **28.3%** increase in total poverty and **15.4%** 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, **12,372** Pulaski County residents received SNAP benefits, a **37.7%** 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, **16,084** Pulaski County residents were considered obese, representing **33.6% (37.6%-29.8%)** 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, **20,580** Pulaski County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN PULASKI COUNTY

#### Lifestyle improvements

In 2016, **98%** of adult participants made a positive change in food group choices and **77%** showed improvement in one or more food safety practices. In addition, **70%** began to plan meals in advance more often and **92%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **92%** improving their ability to choose healthy foods.

## OUR SUCCESS

### Pulaski County residents learn to safely and confidently preserve food

**C**anned salsa and carrots are just a couple of the recipes Pulaski County residents tried during a hands-on program presented by Cooperative Extension Family and Consumer Sciences that emphasized safest methods and variety of food preservation techniques. Forty-five participants completed the program, where they learned how to use two types of pressure canners, the boiling-water canner, freezing techniques, and dehydration to preserve fresh produce.

Demonstrations covered pressure canning carrots, boiling water method for canning salsa, dehydrating apples, and freezing strawberries. Participants learned the steps and appropriate utensils used in canning, including selecting jars, lids, and bands; removing air bubbles; measuring headspace; jar lifters; cleaning jar rims; and adjusting lids and bands before putting jars inside the canner.

Before the program began, several clients reported they were afraid to use pressure canners because of stories they had heard about canners blowing up. After completing the session on pressure canning, everyone gained confidence with this food preservation technique, and all of participants felt they could use the pressure canners without fear.



#### 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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

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