

# 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 **5,406** Scott County residents lived in poverty, and **2,012** of them were children. This is a **39.9%** increase in total poverty and **37.0%** 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, **5,212** Scott County residents received SNAP benefits, a **43.3%** 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, **10,446** Scott County residents were considered obese, representing **29.4%** (**35.0%-24.4%**) 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, 3,153 Scott County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN KENTUCKY

#### Lifestyle improvements

In 2016, 95% of adult participants made a positive change in food group choices and 71% showed improvement in one or more food safety practices. In addition, 65% began to plan meals in advance more often and 71% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 83% improving their ability to choose healthy foods.

## OUR SUCCESS

### Limited-resource Kentuckians purchase more farm-fresh produce

Since the mid-2000’s, Scott County Farmers Market has participated in the WIC Farmers Market Nutrition Program (FMNP), a program established to help promote local farmers markets and bring locally grown fresh fruits and vegetables into the homes of WIC participants. In Kentucky, eligible WIC recipients receive Food Instruments (FIs) worth \$20 each summer to purchase locally grown fruits and vegetables or fresh-cut herbs.

In the 2015 season, the Scott County Farmers Market partnered with the Scott County Cooperative Extension (SCE) horticulture program to increase the redemption rate of FIs. Neighborhood flyers were placed in targeted areas on days WIC Food Vouchers were distributed and farmers markets were open. The county’s horticulture program also coordinated with WEDCO to have a distribution booth at the farmers market on several days to get the vouchers to those who need them. Additionally, the Extension horticulture program provided education about healthy food through recipe demonstrations and tastings of fruits and vegetables on voucher distribution dates. As a result, there was a 200% increase in redemption rate from 2014 (31% redemption rate) to 2015 (67% redemption rate).



#### 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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