

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 **2,368** Todd County residents lived in poverty, and **985** of them were children. This is a **6.6%** increase in total poverty and **14.1%** increase 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, **1,905** Todd 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, **2,976** Todd County residents were considered obese, representing **33.7% (40.2%-27.3%)** 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, **6,652** Todd County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN TODD COUNTY

Lifestyle improvements

In 2016, **90%** of adult participants made a positive change in food group choices and **49%** showed improvement in one or more food safety practices. In addition, **30%** began to plan meals in advance more often and **31%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **31%** improving their ability to choose healthy foods.

OUR SUCCESS

Students LEAP for healthy foods

Students in Todd County learn about nutrition and healthy living with storybook readings, lessons, and activities from the Literacy, Eating and Activity for Preschoolers (LEAP) curriculum. Todd County Cooperative Extension partnered with the county school system to teach 77 preschoolers about staying healthy, being physically active, eating more fruits and veggies, and building other healthy habits. During the six-week program, students engaged in physical activity and tasted fruits and vegetables. As a result of this program, the majority of participants experienced increased knowledge to help them build healthy habits.

- 94% know that milk, juice, and water are healthier than soft drinks.
- 94% understand that exercise is important.
- 88% can recognize healthy foods versus junk foods.

A preschool teacher shared feedback she has received from parents of children in the program and expressed appreciation for the difference it has made. “Many of our preschool parents have commented that their child has started telling them what foods are healthy and what foods are junk. We appreciate the opportunity to participate in the LEAP program to promote healthy habits for our preschool students and 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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