

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 **1,408** Trimble County residents lived in poverty, and **473** of them were children. This is a **9.1%** increase in total poverty and **13.2%** 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, **1,097** Trimble County residents received SNAP benefits, a **6.0%** 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, **2,219** Trimble County residents were considered obese, representing **34.0% (42.1%-26.3%)** 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, **2,181** Trimble 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

Students taste MyPlate and build healthy habits

To encourage youth to build a healthy plate and healthy habits, Trimble County Cooperative Extension Service collaborated with Milton Elementary School to teach a nutrition series called Taste the MyPlate. Sixty students from the fourth-grade completed the program, which was designed to explain and dissect the MyPlate food groups. Students tasted foods from each group and learned about the health benefits each offers.

The lessons covered nutrition messages and health benefits, defined food groups, recommended daily amounts and serving sizes, and incorporated tips for building a healthy plate. Students increased knowledge and an understanding of healthy eating, demonstrated the desire to taste foods not currently eaten, and gained an understanding of the importance of maintaining a balanced diet.

As a result of the Taste the MyPlate program, 93% of the students reported trying an unfamiliar food and 85% of the students reported that their parents/guardians purchased an unfamiliar food for the family based on the student’s enthusiasm for the new food.



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

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



KYNEP.ca.uky.edu



[Facebook.com/KYNEP](https://www.facebook.com/KYNEP)