

## 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 **2,284** Washington County residents lived in poverty, and **564** of them were children. This is a **39.6%** increase in total poverty and **10.4%** 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, **1,761** Washington County residents received SNAP benefits, a **66.8%** 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, **2,894** Washington County residents were considered obese, representing **32.9%** (**39.9%-26.4%**) 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, 3,455 Washington County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN WASHINGTON COUNTY

#### Lifestyle improvements

In 2016, 91% of adult participants made a positive change in food group choices and 46% showed improvement in one or more food safety practices. In addition, 41% began to plan meals in advance more often and 59% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 59% improving their ability to choose healthy foods.

## OUR SUCCESS

### Washington County residents become big winners

Washington County residents improved their level of wellness thanks to a partnership of UK Cooperative Extension, Lincoln Trail Health Department, a locally owned gym, and the board of education. These organizations came together to hold the Biggest Winner: Wellness Edition competition. For three months, participants received education and motivation to improve their health. They completed wellness activity sheets that tracked diet, physical activity, sleep, and environmental behaviors.

During the program, participants made a variety of healthy behavior changes:

- 92% provided themselves with a non-food reward each day (TV, nap, reading, bath, etc.).
- 92% were physically active for at least 30 minutes every day.

- 83% ate healthy meals and snacks, incorporating all food groups each day.
- 75% aimed for 7-9 hours of sleep each day.

Participants expressed an interest in creating additional wellness intentions for the future:

- All plan to eat healthy meals and snacks, incorporating all food groups each day.
- All will reward themselves each day with a non-food reward (TV, nap, reading, bath, etc.).
- 92% plan to change their environment each day to promote wellness (plan meals, etc.).
- 92% plan to be physically active for at least 30 minutes every day.
- 83% will aim for 7-9 hours of sleep each day.



#### 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).

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.



[KYNEP.ca.uky.edu](http://KYNEP.ca.uky.edu)



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