

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 **5,252** Wayne County residents lived in poverty, and **1,609** of them were children. This is a **-4.6%** decrease in total poverty and **-13.0%** decrease 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, **5,035** Wayne County residents received SNAP benefits, a **18.8%** 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, **5,830** Wayne County residents were considered obese, representing **37.1%** (**43.1%-31.4%**) 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, **18,611** Wayne County residents with limited resources participated in nutrition education lessons.

OUR RESULTS

IN WAYNE COUNTY

Lifestyle improvements

In 2016, **98%** of adult participants made a positive change in food group choices and **83%** showed improvement in one or more food safety practices. In addition, **78%** began to plan meals in advance more often and **80%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **80%** improving their ability to choose healthy foods.

OUR SUCCESS

Limited-income residents see improved access to local produce

Wayne County is a poverty-stricken area, with a median household income of \$29,878 in 2013, according to the American Community Survey. Senior citizens are among those struggling daily to make a living. The survey revealed that 14.2% of those age 65 and over were below poverty level in Wayne County. Other statistics show that 418 grandparents live with or were responsible for their grandchildren, creating an additional financial struggle for them.

To address this issue, the Wayne County Family and Consumer Sciences Extension agent, the Agriculture and Natural Resources agent, and Farmers Market Council worked together to apply for and obtain funding for the Senior Farmers Market Voucher program

and the Women, Infants, and Children (WIC) program. By adding the county to the Senior Farmers Market Nutrition Program and WIC programs, there is opportunity for growth and production in the small, rural area. This allows local senior citizens, young families, and expectant mothers a small amount of funds to purchase fresh fruits, vegetables, and herbs.

The Wayne County Cooperative Extension Family and Consumer Sciences agent, Expanded Food and Nutrition Education Program assistant, Extension assistant, Agriculture assistant, and Pots N Pans Homemaker Club members offer a variety of Plate It Up! Kentucky Proud recipe samples, tastings, free recipes, and nutrition outreach and education at the farmers market to enhance the nutrition knowledge of shoppers.



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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