

# 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 **10,097** Whitley County residents lived in poverty, and **3,213** of them were children. This is a **-1.5%** decrease in total poverty and **-7.9%** decrease 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, **10,119** Whitley County residents received SNAP benefits, a **21.2%** 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, **9,395** Whitley County residents were considered obese, representing **36.3%** (**42.2%-30.7%**) 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, 3,157 Whitley County residents with limited resources participated in nutrition education lessons.

## OUR RESULTS

### IN WHITLEY COUNTY

#### Lifestyle improvements

In 2016, 100% of adult participants made a positive change in food group choices and 77% showed improvement in one or more food safety practices. In addition, 75% began to plan meals in advance more often and 77% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 77% improving their ability to choose healthy foods.

## OUR SUCCESS

### Mobile farmers market increases access to fresh fruits and veggies

In 2015, the Whitley County Farmers Market (WCFM) began a mobile farmers market program, setting up at hospitals, health departments, and other locations throughout the county. The mobile market reached limited-resource populations, raised awareness of the market, and increased local food sales. When the WCFM was unable to replicate the mobile market this year, the Whitley County Cooperative Extension Office set up a mobile farmers market with a goal to build on last year's success while increasing WIC voucher redemption rates and advertising UK Cooperative Extension resources to health department clientele.

Keeping the goal in mind, the market was set up two days a month in June, July, and August at the Whitley County Health Department. Farmers dropped off their produce or set up alongside the Extension office, and the health department personnel distributed WIC vouchers. After leaving the health department, the WIC recipients would redeem their vouchers for fresh, locally grown produce. This is a high traffic area, attracting other residents and health department employees as well. Shoppers learned about programs offered by Whitley County Extension while at the market.



#### 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.

University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension



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



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