

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 **2,812** Woodford County residents lived in poverty, and **926** of them were children. This is a **10.6%** increase in total poverty and **22.6%** 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, **2,601** Woodford County residents received SNAP benefits, a **82.5%** 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, **5,558** Woodford County residents were considered obese, representing **29.5%** (**35.7%-23.7%**) 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, 3,204 Woodford 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

Program focuses on making healthy meals from the backyard

According to the USDA Food Profile, only 23% of Americans consume the recommended five fruits and vegetables each day. With the local food movement and interest in family gardening, as well as home food preservation, the Woodford County Family and Consumer Sciences agent and Horticulture agent developed and implemented a program series titled Grow a Garden, Prepare the Produce. This nine-week program highlighted a different type of produce at each session, including basic gardening and cooking with produce such as asparagus, blueberries, garlic, herbs, microgreens, onions, peas, potatoes, sprouts, and tomatoes.

The first half of each 90-minute session was led by the Horticulture agent and included information about soil

maintenance, planting, pruning, and bug and insect management. The second half of each session was led by the Family and Consumer Sciences agent and included information about harvesting, cooking, and preserving the produce. Healthy cooking methods were emphasized, and food preservation techniques covered freezing, dehydrating, and canning. The intent of this program was to give the participants the knowledge of how to grow and prepare their own food, while emphasizing the health benefits of eating fruits and vegetables. Participants shared how they benefited from the program with increased knowledge and plans to make changes at home. For example:

- 98% gained knowledge about new and healthier ways to cook produce.
- 85% plan to change practices in their home gardens.



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).

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