



Nutrition Education Program

2017 Annual Report: Ballard County

Our Focus

The 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 \$46,659, which is much lower than the U.S. median of \$57,617.¹ 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%	14.4%
Child Poverty	25%	19.8%
Food Insecurity	17.3%	13%
Very Low Food Secure	7.4%	5.2%

In 2014, an estimated 1,359 Ballard County residents lived in poverty, and 423 of them were children. This is a 5.1% increase in total poverty and 2.2% 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 Ballard County residents received SNAP benefits, a 38.3% 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, 2,139 Ballard County residents were considered obese, representing 34.2% (27.8%-41.2%) 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 2017, **2,325** Ballard County residents with limited resources participated in nutrition education lessons.

Our Results

IN KENTUCKY

Lifestyle improvements

In 2017, **98%** of adult participants made a positive change in food group choices and **81%** showed improvement in one or more food safety practices. In addition, **71%** began to plan meals in advance more often and **73%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **85%** improving their ability to choose healthy foods.

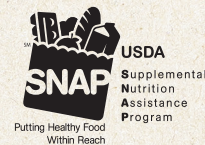
Our Success

Helping students make healthy food choices

Ballard County has high rates of diabetes, obesity and other nutrition-related disorders. Ballard County Cooperative Extension teamed with the local elementary school to target second graders for a Nutrition Week SNAP-Ed program designed to help students make healthier choices on a limited budget and choose a more active lifestyle. For four days, 95 students learned about the origins of food and the benefits of eating a variety of fresh foods. Extension agents from all specialty areas taught lessons with the help of Extension Homemakers and high school student volunteers. Topics included Farm To Table, Literacy and Eating for Primary Health, Jump Into Foods and Fitness and Plate it Up Kentucky Proud. Each day, the students ate healthy snacks and received handouts to take home. Some 90% of students said they planned to ask their parents to plan meals with more fruits and vegetables, and 23% said the class had motivated them to eat more fruits and vegetables. The program teaches low-income students inexpensive and healthy ways to entertain family and friends and uses SNAP-Ed and Kentucky Proud recipes when possible. After-school lessons focused on healthy after-school snacks.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



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

SOURCES: 1. Frac.org/reports-and-resources/national-and-state-program-data-2, accessed December 2017; 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 December 2017; 6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

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