

### **Our Focus**

he 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. Kentucky has high rates of poverty and food insecurity when compared to the United States as a whole.

	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 **2,733** Bath County residents lived in poverty, and **1,020** of them were children. This is a **0.3%** increase in total poverty and **2.3%** 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, **2,862** Bath County residents received SNAP benefits, a **27.4%** 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. Kentucky has a high prevalence of hypertension, diabetes, and obesity, ranking in the top 10 when compared to other states. 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.

In 2013, **2,651** Bath County residents were considered obese, representing **30.4% (25.8%-35.6%)** 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 2017, **3,002** Bath County residents with limited resources participated in nutrition education lessons.

### **Our Results**

#### IN KENTUCKY

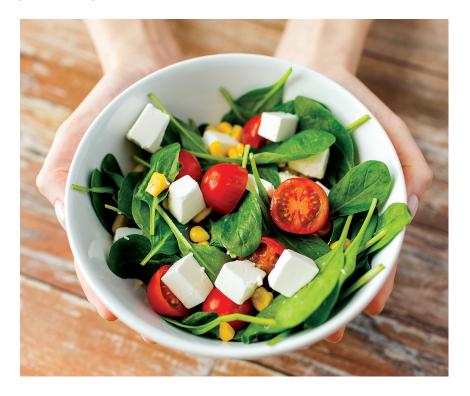
### Lifestyle improvements

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**

# Cooking through the Calendar

entucky's adult obesity rate of 31.6% is the 12th highest in the nation, according to The State of Obesity: Better Policies for a Healthier America. In Bath County, the FCS agent has taught a 12-part series, Cooking through the Calendar. It includes healthy eating options, cost-effective shopping tips and ways to incorporate physical activities in daily lives. Participants get educational resources and prepare a full meal that features the month's recipe. The program targets the entire family. When older adults learn to choose better food options, most likely younger generations will start to do the same. Surveys found that participants have become more conscious of how to shop, when they shop and how to prepare healthier foods at home. One participant said she has lost 20 pounds in 10 months and has changed her diet because of the information shared at each session.



University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

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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