



# Nutrition Education Program

## 2017 Annual Report: Boone 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.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

### Our Challenge

#### Poverty

In Kentucky, household median income is \$46,659, which is much lower than the U.S. median of \$57,617.<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%	14.4%
<b>Child Poverty</b>	25%	19.8%
<b>Food Insecurity</b>	17.3%	13%
<b>Very Low Food Secure</b>	7.4%	5.2%

In 2014, an estimated 10,009 Boone County residents lived in poverty, and 3,828 of them were children. This is a 45.1% increase in total poverty and 51.4% 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, 8,374 Boone County residents received SNAP benefits, a 77.6% 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, 28,373 Boone County residents were considered obese, representing 32.5% (29.1%-35.9%) 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, **8,454** Boone County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN BOONE COUNTY

#### Lifestyle improvements

In 2017, **91%** of adult participants made a positive change in food group choices and **72%** showed improvement in one or more food safety practices. In addition, **57%** began to plan meals in advance more often and **70%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **79%** improving their ability to choose healthy foods.

## Our Success

### Helping senior citizens make healthy food choices

Seniors can face the risk of becoming malnourished due to a number of issues including lifestyle changes, a decrease in physical activity, a weakened sense of taste and smell, loss of appetite, general health issues, food allergies, and emotional factors. Seniors age 65 and older in Boone County households represent 11.6% of the population according to Census.gov. The county Nutrition Education Program assistant contacted a local senior housing community to teach the basic concepts of balanced diet, food safety, meal planning, and physical activity in an effort to improve eating and grocery shopping behaviors. After the program, 100% of the group reported improvement in more fruits, vegetables, grains, protein, and dairy foods. One program participant reported having more energy due to a more balanced diet with less processed high sugar food choices.



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](http://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](http://Stateofobesity.org), accessed December 2017; 6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

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.



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



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