



# Nutrition Education Program

## 2017 Annual Report: Bourbon 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.<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 3,774 Bourbon County residents lived in poverty, and 1,269 of them were children. This is a 20.3% increase in total poverty and 30.3% 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, 3,184 Bourbon County residents received SNAP benefits, a 70.1% 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, 5,075 Bourbon County residents were considered obese, representing 34.1% (26.7%-42.0%) 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, **10,444** Bourbon County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN BOURBON COUNTY

#### Lifestyle improvements

In 2017, **93%** of adult participants made a positive change in food group choices and **83%** showed improvement in one or more food safety practices. In addition, **58%** began to plan meals in advance more often and **82%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **96%** improving their ability to choose healthy foods.

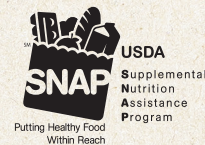
## Our Success

### The Munch Mobile offers nutritious meals

**D**uring the summer of 2017, the Bourbon County Schools offered a new system for delivering lunches through the Summer Feeding Program. In addition to meals at two school cafeterias, the “Munch Mobile” visited four other sites and provided anyone 18 and under with a free, nutritious meal. Anyone over 18 could buy a meal for \$3. The Munch Mobile is a festive painted retrofitted school bus with a lunch line, a chest freezer, insulated food carriers and counter-style seating. Each site also has picnic tables. The Bourbon County FCS agent joined the Munch Mobile three times through the summer to give short lessons on the importance of drinking water, using MyPlate and planning meals on a budget. Educational information, crayons and coloring sheets were distributed, and Q & A sessions were held. More than 100 people visited each Munch Mobile site. All took information and 72% asked questions. Five came to the extension office seeking more information. There were many smiles, thank yous and the “please come backs!”



University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension



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**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

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