



Nutrition Education Program

2017 Annual Report: Boyd 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 10,705 Boyd County residents lived in poverty, and 3,480 of them were children. This is a 40.4% increase in total poverty and 47.6% 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, 8,723 Boyd County residents received SNAP benefits, a 27.5% 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, 14,506 Boyd County residents were considered obese, representing 38.5% (34.6%-42.5%) 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, **8,186** Boyd County residents with limited resources participated in nutrition education lessons.

Our Results

IN BOYD COUNTY

Lifestyle improvements

In 2017, **96%** of adult participants made a positive change in food group choices and **69%** showed improvement in one or more food safety practices. In addition, **51%** 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 **87%** improving their ability to choose healthy foods.

Our Success

Don't throw away good food!

A local housing shelter received ground turkey donations from grocery stores, which usually was not used and had to be discarded due to the residents saying either they did not like the ground turkey or they did not know how to use the food item. Upon learning this, the SNAP-Ed program conducted a class to discuss MyPlate food groups. As a food sampling during this class, a recipe of “Sloppy Garden Joes” was prepared using ground turkey. Several residents were less than enthusiastic about tasting the food and one resident stated that she did not like ground turkey.

All participants were asked to taste the recipe to see if their opinions would change. After tasting the recipe, several residents requested more of the food, including a resident who previously did not like ground turkey. Residents were given the recipe for the Sloppy Garden Joes and several other recipes using ground turkey. As a result of the class, the residents used the packages of ground turkey in preparing several meals and the shelter no longer discards ground turkey because residents know how to prepare it.



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, 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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