

### **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 **4,627** Boyle County residents lived in poverty, and **1,408** of them were children. This is a **11.6%** increase in total poverty and **4.8%** 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, **4,184** Boyle County residents received SNAP benefits, a **46.4%** 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, **7,234** Boyle County residents were considered obese, representing **32.2% (26.3%-38.5%)** 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, **7,872** Boyle County residents with limited resources participated in nutrition education lessons.

### **Our Results**

#### IN BOYLE COUNTY

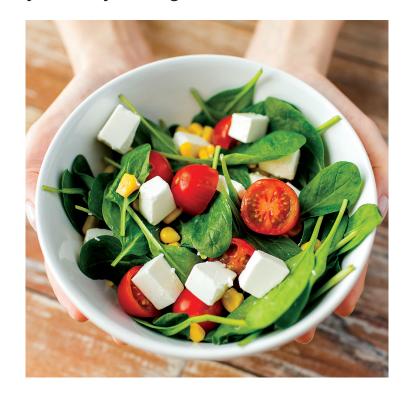
#### Lifestyle improvements

In 2017, **89%** of adult participants made a positive change in food group choices and **50%** showed improvement in one or more food safety practices. In addition, **56%** began to plan meals in advance more often and **50%** used the "Nutrition Facts" on food labels to make food choices more often. Youth participants also experienced behavior changes, with **100%** improving their ability to choose healthy foods.

## **Our Success**

## Inspiring healthy dietary changes

n Boyle County, nearly half of the participants in the SNAP-Ed program reduced their sodium intake after completing the Healthy Choices for Every Body education series. In 2017, 67 people graduated from the program. Among them was a woman who needed to limit her sodium intake but who said that without salt, food tasted bland. During the program, she sampled a no-salt spice blend and liked how it enhanced the flavor of foods. She made several versions it and gave the blend to friends with similar health issues. Boyle County also has had a Lunch and Learn series for four years. Each month the FCS agent plans a program using recipes and information from the Food and Nutrition Calendar. Participants sample the recipe, talk about how it was made and healthy cooking methods and how to provide good nutrition on a budget. Participation has increased each year, and this year a whole new audience was reached. Among them were clients of A Brighter Choice, an organization that gives special needs adults opportunities to expand their abilities. These students have also have participated in hands-on cooking classes.



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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