



# Nutrition Education Program

## 2017 Annual Report: Boyle 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 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.<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, 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

In 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 of 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 participated in hands-on cooking classes.



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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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