



Nutrition Education Program

2017 Annual Report: Bracken 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 1,540 Bracken County residents lived in poverty, and 507 of them were children. This is a 18.4% increase in total poverty and 19.6% 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, 1,447 Bracken County residents received SNAP benefits, a 35.6% 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, 2,014 Bracken County residents were considered obese, representing 32.4% (27.6%-37.4%) 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, **6,255** Bracken County residents with limited resources participated in nutrition education lessons.

Our Results

IN KENTUCKY

Lifestyle improvements

In 2017, **98%** of adult participants made a positive change in food group choices and **81%** showed improvement in one or more food safety practices. In addition, **71%** 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 **85%** improving their ability to choose healthy foods.

Our Success

Bringing back the lost art of breadmaking

A four-part Wholesome Baking Series offered to Bracken County residents at the suggestion of the Bracken County FCS Council was designed to bring back the art of bread making, which used to be passed down from generation to generation but has slowly been lost. The series was also designed to appeal to those who want to eat foods that are wholesome and made from products that they recognize and without additives and chemicals. Twenty-one adults and three children attended classes on making bread, pizza crust, yeast rolls and challah bread. Emphasis was placed on bread making as a bonding experience and participants were urged to modify their recipes based on their family’s preferences and needs. Two families said that the series helped them financially because they saved money by baking their own bread. They also said it was healthier than store-bought.



University of Kentucky
Nutrition Education Program
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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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