



Nutrition Education Program

2017 Annual Report: Breckinridge 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 3,740 Breckinridge County residents lived in poverty, and 1,214 of them were children. This is a 15.6% increase in total poverty and 16.7% 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, 3,454 Breckinridge County residents received SNAP benefits, a 26.8% 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, 5,451 Breckinridge County residents were considered obese, representing 36.6% (30.8%-43.1%) 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, **8,641** Breckinridge County residents with limited resources participated in nutrition education lessons.

Our Results

IN BRECKINRIDGE COUNTY

Lifestyle improvements

In 2017, **98%** of adult participants made a positive change in food group choices and **76%** showed improvement in one or more food safety practices. In addition, **67%** began to plan meals in advance more often and **67%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **91%** improving their ability to choose healthy foods.

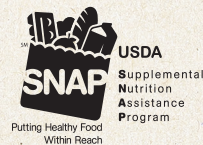
Our Success

Plate it Up Kentucky Proud encourages healthy eating

In Breckinridge County, where 12% of adults have been diagnosed with diabetes and childhood diabetes is on the rise, the Cooperative Extension FCS program looked to work with the health department and hospital to provide education. A support group was formed to teach diabetics about monitoring blood sugar, diabetic medications, foot care, eye care, nutrition and physical activity. Food demonstrations using Plate it Up Kentucky Proud recipes have encouraged healthy eating. At least one participant reports that she is managing her disease better and is sharing what she has learned with her family. That program's success led to a special event for youth who have diabetes. In March, 16 youth came to the Extension community building for the half-day UPBete17 program. They shared the challenges and successes of living with diabetes. Teens worked with younger children on group activities while parents attended Q & As with medical professionals. Surveys showed the children's understanding of nutrition improved, and they liked being able to talk to others about their disease. They also liked meeting other children who have diabetes. Because of these successes, the Breckinridge County coalition hopes to develop other diabetes education programs.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP).



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



KYNEP.ca.uky.edu



Facebook.com/KYNEP