



Nutrition Education Program

2017 Annual Report: Bullitt 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 \$57,617.¹ 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 9,474 Bullitt County residents lived in poverty, and 3,063 of them were children. This is a 30.1% increase in total poverty and 32.3% 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, 7,410 Bullitt County residents received SNAP benefits, a 54.0% 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, 18,673 Bullitt County residents were considered obese, representing 32.8% (27.8%-38.3%) 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, **6,528** Bullitt County residents with limited resources participated in nutrition education lessons.

Our Results

IN BULLITT COUNTY

Lifestyle improvements

In 2017, **97%** of adult participants made a positive change in food group choices and **93%** showed improvement in one or more food safety practices. In addition, **67%** began to plan meals in advance more often and **78%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **95%** improving their ability to choose healthy foods.

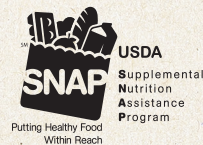
Our Success

Food of the Month increases seniors appetites

As the main educational community partner for the Multipurpose Community Action Center grant that serves limited income seniors in Bullitt County, the Extension educator for Family & Consumer Sciences wanted to encourage senior citizens to improve their quality of life. One way to improve is to eat more fruits and vegetables. A ten-month lesson series using the OrganWise Guys nutrition curriculum and Plate it Up Kentucky Proud featured a fruit or vegetable that was in season during that time. The lessons focused on how they could use the least expensive “food of the month” and eat something delicious and nutritious. Over 24 seniors attended the lessons each month completing a pre and post lesson evaluation. As a result of this series, 80% had an increased desire to eat healthy foods that were less expensive; 55% stated the taste test increased their willingness to purchase and fix the food; and 55% reported purchasing the fruit/vegetable, fixing and eating the recipe provided the month before. A couple of senior citizens commented on how much they looked forward to the lesson.



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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