



Nutrition Education Program

2017 Annual Report: Caldwell 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 2,282 Caldwell County residents lived in poverty, and 782 of them were children. This is a 2.7% increase in total poverty and 17.9% 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, 1,895 Caldwell County residents received SNAP benefits, a 35.3% 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, 3,385 Caldwell County residents were considered obese, representing 35.0% (28.7%-41.0%) 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, 3,872 Caldwell County residents with limited resources participated in nutrition education lessons.

Our Results

IN CALDWELL COUNTY

Lifestyle improvements

In 2017, 92% of adult participants made a positive change in food group choices and 78% showed improvement in one or more food safety practices. In addition, 78% began to plan meals in advance more often and 82% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 86% improving their ability to choose healthy foods.

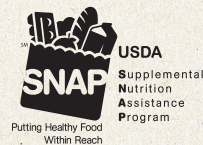
Our Success

Teaching kitchen skills and healthy habits that will last for life

In Caldwell County, some 64% of students are on free and reduced-price lunch. The EFNEP paraprofessional taught elementary-age youth kitchen skills and healthy habits. Using the Teen Cuisine curriculum, nine lessons helped students learn about basic kitchen skills, nutrition and food safety. All of the students later said that they were drinking more nonfat or 1% milk, while 91% reported eating more vegetables and 82% were eating more whole grains. Around 73% said they made healthier food choices more often when they ate out and checked the expiration date more often before they ate or drank. Learning more about healthy eating and adopting these practices will help improve the students’ health throughout their lives. Not only will they learn to cook and eat better, but it can help influence their family’s eating habits by choosing and preparing good foods and snacks, as well as changing their food-shopping habits.



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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