



Nutrition Education Program

2017 Annual Report: Calloway 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 7,052 Calloway County residents lived in poverty, and 1,669 of them were children. This is a 21.9% increase in total poverty and 19.0% 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, 3,482 Calloway County residents received SNAP benefits, a 47.3% 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, 8,764 Calloway County residents were considered obese, representing 30.1% (25.3%-35.6%) 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, **8,554** Calloway County residents with limited resources participated in nutrition education lessons.

Our Results

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Lifestyle improvements

In 2017, **69%** of adult participants made a positive change in food group choices and **34%** showed improvement in one or more food safety practices. In addition, **23%** began to plan meals in advance more often and **41%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **68%** improving their ability to choose healthy foods.

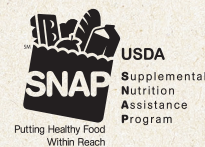
Our Success

Encouraging physical activity and healthy eating

The Calloway County extension paraprofessional conducted 14 youth group lessons through the local school district using the Literacy, Eating and Activity for Primary (LEAP) Youth Health curriculum. Each month during the school year, the students would read a book that corresponded to a type of healthy food and then taste a fruit or a vegetable. Teachers encouraged students to try new foods. The students took home literature to share with their families. They also received footballs and jump ropes to encourage them and their families to be more physically active at home. Students from kindergarten through second grade showed a 25% behavior change toward identifying healthier snacks. They also showed a 20% improvement in washing their hands before they ate. Throughout the school year, students talked about how much they liked tasting a certain fruit or a vegetable that was presented in class. Parents would share how the literature provided to the students, like a nutrition magazine, helped them prepare healthy snacks with their children.



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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