



# Nutrition Education Program

## 2017 Annual Report: Carlisle 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.<sup>1</sup> Kentucky has high rates of poverty and food insecurity when compared to the United States as a whole.<sup>1</sup>

	Kentucky	U.S.
<b>Total Poverty</b>	18.5%	14.4%
<b>Child Poverty</b>	25%	19.8%
<b>Food Insecurity</b>	17.3%	13%
<b>Very Low Food Secure</b>	7.4%	5.2%

In 2014, an estimated 833 Carlisle County residents lived in poverty, and 299 of them were children. This is a 4.1% increase in total poverty and 13.3% increase in child poverty since 2007.<sup>2</sup>

#### 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.<sup>1</sup>

In 2015, 697 Carlisle County residents received SNAP benefits, a 60.4% increase since 2007.<sup>3</sup>

	Kentucky	U.S.
<b>SNAP Participation</b>	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.<sup>4</sup> Kentucky has a high prevalence of hypertension, diabetes, and obesity, ranking in the top 10 when compared to other states.<sup>5</sup> 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.<sup>4</sup>

In 2013, 1,260 Carlisle County residents were considered obese, representing 33.4% (25.9%-41.2%) of the county's population.<sup>6</sup>

## 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, **6,524** Carlisle County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN CARLISLE COUNTY

#### Lifestyle improvements

In 2017, **98%** of adult participants made a positive change in food group choices and **73%** showed improvement in one or more food safety practices. In addition, **85%** began to plan meals in advance more often and **80%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **98%** improving their ability to choose healthy foods.

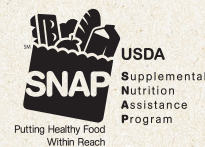
## Our Success

### Families improve their health

**D**uring the 2016-2017 program year, the Carlisle County Nutrition Education Program paraprofessional taught 42 limited-resource families how to serve more nutritious meals, keep foods safe and effectively use local food resources. Nearly all of the families improved the nutritional quality of their diet and 34% of families who graduated from the program ate a higher quality diet because they planned meals using MyPlate, considered healthy choices and read nutrition labels. Of those families, 37% increased the frequency of moderate physical activity for 30 minutes per day, 15% began feeding their children breakfast and 48% showed improvement in handling food safely and in hand washing behavior. Just over half of families learned to plan meals and using a grocery list to guide food selections. A 41% improvement was shown in comparing food prices. Among the families there was a 33% decrease in meals eaten away from home and 27% fewer families could not afford to eat properly.



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](http://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](http://Stateofobesity.org), accessed December 2017; 6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

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