



Nutrition Education Program

2017 Annual Report: Carroll 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 2,139 Carroll County residents lived in poverty, and 757 of them were children. This is a 36.4% increase in total poverty and 31.7% 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, 2,068 Carroll County residents received SNAP benefits, a 68.6% 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, 2,772 Carroll County residents were considered obese, representing 35.3% (27.9%-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, **4,030** Carroll County residents with limited resources participated in nutrition education lessons.

Our Results

IN CARROLL COUNTY

Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **100%** began to plan meals in advance more often and **94%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **1542%** improving their ability to choose healthy foods.

Our Success

Recipes for Life encourages kids to eat healthy

The Carroll County Cooperative Extension agents from all programming areas collaborated on a Recipes for Life program for 144 fifth graders in April. Assisted by 20 volunteers, extension agents conducted a three-hour, hands-on program through SNAP-Ed. Students went on a field trip to the extension office to learn about food and kitchen safety, kitchen and cooking organization, food preparation, how to read a recipe, MyPlate planning, hand washing, meal planning and presentation, and math and science enhancement. Students received tools to help them practice what they learned, including an apron, measuring tools, cutting boards, a potholder and a recipe book. Fifth-grade teachers whose students attended the program said: “Most useful, authentic, hands-on trip we’ve ever taken” and “Best trip of the year! Such a good experience for the kids!” In a follow-up survey, more than half of the students said they had made one of the recipes at home.



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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