



# Nutrition Education Program

## 2017 Annual Report: Carter 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 6,322 Carter County residents lived in poverty, and 1,955 of them were children. This is a 22.4% increase in total poverty and 5.8% 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, 6,024 Carter County residents received SNAP benefits, a 13.5% 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, 7,924 Carter County residents were considered obese, representing 38.9% (34.6%-43.6%) 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, **6,551** Carter County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN CARTER COUNTY

#### Lifestyle improvements

In 2017, **99%** of adult participants made a positive change in food group choices and **84%** showed improvement in one or more food safety practices. In addition, **90%** began to plan meals in advance more often and **85%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **71%** improving their ability to choose healthy foods.

## Our Success

### Kentucky Farmers Market Nutrition Program helps senior health

In Carter County, almost 20% of seniors live below poverty level. Many have little access to fresh fruits and vegetables. To address this issue, Carter County Extension participated in the Kentucky Farmers Market Nutrition Program (FMNP) to help give seniors better access to nutritious foods. FMNP improves sales for farmers and nutrition for low-income families by providing better access to fresh fruits and vegetables. Funding comes from federal and state resources. Low-income seniors received vouchers to purchase fresh, locally grown fruits, vegetables and herbs at state-approved farmers markets. The Carter County FCS agent provided educational publications, recipes and recipe samples from the Plate it Up Kentucky Proud curriculum to spur food preparation ideas and increase consumption of local produce. In 2016, Carter County Extension distributed vouchers to 424 seniors, totaling \$11,872 for use at the two farmers markets. Carter County ranked second in the state for number of vouchers distributed. Eighty-three percent of the vouchers were redeemed, 6% higher than the state redemption rate. In 2017, 457 vouchers were distributed, and redemption is expected to be high.



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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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