



# Nutrition Education Program

## 2017 Annual Report: Cumberland 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.<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 1,841 Cumberland County residents lived in poverty, and 534 of them were children. This is a 13.6% increase in total poverty and 1.9% 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, 1,501 Cumberland County residents received SNAP benefits, a 26.8% 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, 1,649 Cumberland County residents were considered obese, representing 31.8% (25.9%-38.5%) 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, 9,977 Cumberland County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN CUMBERLAND COUNTY

#### Lifestyle improvements

In 2017, 98% of adult participants made a positive change in food group choices and 80% showed improvement in one or more food safety practices. In addition, 57% began to plan meals in advance more often and 55% 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.

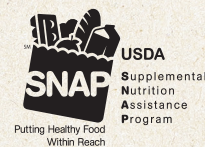
## Our Success

### Windowsill gardening prompts consumption of fresh produce

In Cumberland County, most produce sold in stores is shipped in from outside the state and country. The FCS agent and NEP assistant partnered with Lake Cumberland Community Action to promote access to fresh produce and encourage citizens to grow their own produce. On average, 16 clients attended the classes on nutrition and the value of fresh produce in the diet, meal planning around in-season produce, gardening and food safety. One meeting in particular illustrated the program’s success. Participants learned that produce can be grown by placing food scraps like celery stalks in a jar of water on the windowsill. Demonstration jars were given to some clients. A man who is raising his 9-year-old granddaughter took home a lettuce plant in a jar and showed her what he was doing. Later, when the NEP assistant spoke about growing food from scraps during National Agriculture Day at the elementary school, the man’s granddaughter said, “My granddad does that.” She was proud to tell other students and teachers what her grandfather had taught her. At the next meeting, clients congratulated the granddad and shared stories and pictures of their own gardening successes.



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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