



# Nutrition Education Program

## 2017 Annual Report: Daviess 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 14,370 Daviess County residents lived in poverty, and 4,980 of them were children. This is a 2.5% increase in total poverty and -2.4% decrease 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, 13,123 Daviess County residents received SNAP benefits, a 41.0% 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, 21,871 Daviess County residents were considered obese, representing 30.4% (27.3%-33.7%) 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, 7,117 Daviess County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN DAVIESS COUNTY

#### Lifestyle improvements

In 2017, 99% of adult participants made a positive change in food group choices and 86% showed improvement in one or more food safety practices. In addition, 85% began to plan meals in advance more often and 91% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 93% improving their ability to choose healthy foods.

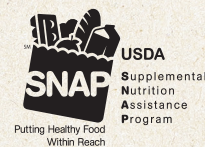
## Our Success

### Afterschool healthy snack program a big hit

With over 37% of Kentucky children overweight or obese, the Daviess County Cooperative Extension Service NEP assistant partnered with the Daviess County Public Schools to conduct an afterschool activity and healthy snack program. This program was designed to challenge youth who participated in after school session with various physical activities, which allowed them to have fun while exercising. The NEP lessons included kid-friendly, easy recipes for the youth to sample. Nutritious fruits, vegetables, dairy, proteins and grains were discussed. Over 85% of the youth who participated in the program showed an improvement of recognizing and choosing healthy snacks over unhealthy options after program completion and over 95% over the youth stated that they understood the importance that staying active has on their health and well-being.



University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

**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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