



# Nutrition Education Program

## 2017 Annual Report: Edmonson 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 2,366 Edmonson County residents lived in poverty, and 646 of them were children. This is a 15.2% increase in total poverty and -2.9% 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, 1,985 Edmonson County residents received SNAP benefits, a 24.3% 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, 2,905 Edmonson County residents were considered obese, representing 31.2% (25.4%-37.4%) 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, **2,870** Edmonson County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN EDMONSON COUNTY

#### Lifestyle improvements

In 2017, **85%** of adult participants made a positive change in food group choices and **75%** showed improvement in one or more food safety practices. In addition, **78%** began to plan meals in advance more often and **68%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **88%** improving their ability to choose healthy foods.

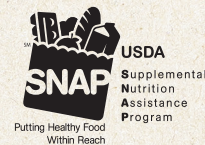
## Our Success

### Super Star Chef helps kids shine in the kitchen

**T**he Edmonson County Cooperative Extension collaborated with the SNAP-Ed assistant on a four-month education program that used the Healthy Choices for Everybody program and the Super Star Chef curriculum. The program focused on nutrition, physical activity and general cooking skills to prepare young adults to live on their own. Each session included hands-on cooking experiences using different recipes and taught students about meal planning, portion control through MyPlate, food safety and physical activity. Ten students graduated and all had positive outcomes. Some 90% learned more about food groups, better food resource management and better nutrition practices. Half became more physically active and some 60% improved food safety practices. One participant said, “I cannot wait to return home to my parents and show them that I can shop for my own food and prepare a nutritious meal for them from scratch.” Another said “Before these classes, I didn’t see the importance in watching what I eat since I am so young, but now I see how important it is to start watching what I eat and getting more exercise.”



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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