



Nutrition Education Program

2017 Annual Report: Estill 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 4,254 Estill County residents lived in poverty, and 1,175 of them were children. This is a 9.2% increase in total poverty and -5.2% decrease 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, 3,973 Estill County residents received SNAP benefits, a 13.1% 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, 3,867 Estill County residents were considered obese, representing 35.1% (27.7%-43.4%) 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, 2,907 Estill County residents with limited resources participated in nutrition education lessons.

Our Results

IN ESTILL COUNTY

Lifestyle improvements

In 2017, 97% of adult participants made a positive change in food group choices and 94% showed improvement in one or more food safety practices. In addition, 91% 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 96% improving their ability to choose healthy foods.

Our Success

Helping grandparents have the nutrition tools for healthy grandkids

Estill County’s local “grandparents raising their grandchildren” support group contacted the Nutrition Education Program Assistant about starting a program for the grandparents. The program took place twice a month for eight weeks using the Healthier Choices for Everybody curriculum. The program focused on feeding children, food safety, and healthier alternatives to some ingredients.

Throughout the course of the program, several of the grandparents expressed how they were having trouble getting their grandchildren to try new things or even eat healthy at all, and several of them were concerned about health issues such as diabetes and obesity. As such, the assistant focused on meal planning and limiting “bad” foods. At the end of the program, the grandparents suggested doing a potluck for the final lesson, and each one prepared a healthy recipe from the recipes the assistant had provided them with, they expressed gratitude about the program, and conveyed how they were making healthier changes to their lives and their diets.



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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