



Nutrition Education Program

2017 Annual Report: Fayette 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 59,007 Fayette County residents lived in poverty, and 15,231 of them were children. This is a 39.1% increase in total poverty and 30.4% increase 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, 32,795 Fayette County residents received SNAP benefits, a 66.9% 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, 63,516 Fayette County residents were considered obese, representing 27.3% (24.8%-30.0%) 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, 37,940 Fayette County residents with limited resources participated in nutrition education lessons.

Our Results

IN FAYETTE COUNTY

Lifestyle improvements

In 2017, 97% of adult participants made a positive change in food group choices and 81% showed improvement in one or more food safety practices. In addition, 78% began to plan meals in advance more often and 74% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 83% improving their ability to choose healthy foods.

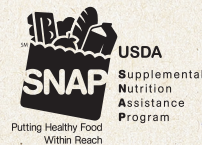
Our Success

Healthy Choices for Every Body helps senior citizens

In 2015, Kentucky was ranked fifth in the nation for adult obesity. Excess weight results in an increase in chronic illnesses. To combat the obesity issue in an elderly population, Fayette County Extension offered an eight-week Healthy Choices for Every Body program for elderly residents of a senior living community who are eligible for the SNAP program. They learned about portion control, the importance of physical activity and weight maintenance through the Healthy Living for Every Body curriculum. The SNAP-Ed assistant used interactive tools like MyPlate, food models and icebreakers to create a sense of community and promote discussions. There were also cooking demonstrations and tastings. Twelve residents, age 65 to 91, participated. The group, as a whole, lost 15 pounds during the class, made positive changes in portion control, reduced sodium intake, reduced soda consumption and drank more water. Participants have since encouraged others to attend SNAP-Ed programs. One said, “I came to this class to get to know more people; since then I have two new best friends and we play bingo together every Friday.” The group also started a walking club that meets every Tuesday at 3 p.m. to encourage safe physical activity as a group. Participants told the SNAP-Ed assistant that the community is campaigning to have the cost of water reduced so that it will cost less than the soda and fruit juice currently offered.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



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



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



KYNEP.ca.uky.edu



Facebook.com/KYNEP