



# Nutrition Education Program

## 2017 Annual Report: Fleming 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 2,795 Fleming County residents lived in poverty, and 1,045 of them were children. This is a -0.8% decrease in total poverty and 11.2% 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, 2,620 Fleming County residents received SNAP benefits, a 22.0% 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, 3,695 Fleming County residents were considered obese, representing 34.5% (30.5%-38.8%) 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, **14,280** Fleming County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN FLEMING COUNTY

#### Lifestyle improvements

In 2017, **95%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **65%** began to plan meals in advance more often and **48%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **70%** improving their ability to choose healthy foods.

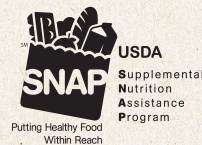
## Our Success

### Teen Cuisine helps students get a good start to the day

**W**hen a principal at one of the elementary schools in Fleming County contacted the Cooperative Extension Service, it was for a request for the SNAP-Ed assistant to come to the school and teach 4th, 5th, and 6th grade students about eating the right foods for breakfast. After teaching the “Power up with Breakfast” lesson from the Teen Cuisine curriculum, 75 students prepared a healthy breakfast. The SNAP-Ed assistant, along with volunteers, assisted students in preparing breakfast using a variety of foods. Students found out that they could not only prepare a nutritious breakfast for themselves, but also for their younger siblings. Students were also taught how eating breakfast supplies energy to their brains to keep them alert, which helps improve their grades. Teachers reported that approximately 35 students reported that they now enjoy cooking. And, many parents have told the SNAP-Ed assistant that their kids want to help with other meals at home too.



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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