



# Nutrition Education Program

## 2017 Annual Report: Floyd 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.<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 11,702 Floyd County residents lived in poverty, and 3,649 of them were children. This is a -13.2% decrease in total poverty and -10.2% 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, 12,525 Floyd County residents received SNAP benefits, a 20.5% 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, 10,961 Floyd County residents were considered obese, representing 37.6% (33.3%-42.0%) 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, **3,042** Floyd County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN FLOYD COUNTY

#### Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **90%** showed improvement in one or more food safety practices. In addition, **75%** began to plan meals in advance more often and **83%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **97%** improving their ability to choose healthy foods.

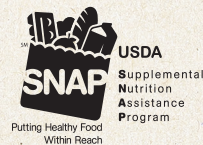
## Our Success

### Learning the importance of nutrition and its role in addiction recovery

**D**rug and alcohol addiction cases are on the rise in Floyd County. Nutrition is an important part of recovery, and according to research, nutrition education can be a key to the success of substance abuse treatment. The Floyd County Cooperative Extension Service’s EFNEP assistant partnered with Hope in the Mountains, a residential drug and alcohol rehabilitation and recovery facility, to teach the importance of nutrition and its role in recovery. Because all meals are prepared and eaten at the facility during treatment, a 10-week cooking and nutrition class was taught using healthy recipes and cooking techniques. Some of the techniques included substituting herbs and spices for salt and reducing fats and sugar. The program also emphasized how to incorporate fruits and vegetables into daily diets. Ten families attended the classes. Each person was surveyed before and after the program. During the program, 82% of families consumed more fruit and a 64% ate more vegetables. One participant said, “After being in this class, I have learned that if you plan your meals properly and use the MyPlate information along with the healthy recipes, living a healthier lifestyle is so much easier, and I can’t wait to get home and share what I have learned with my family.” Because of positive impact of the EFNEP classes, all of the facility’s new clients will attend future classes.



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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