



Nutrition Education Program

2017 Annual Report: Franklin 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 6,184 Franklin County residents lived in poverty, and 2,178 of them were children. This is a -3.5% decrease in total poverty and 17.9% 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, 6,838 Franklin County residents received SNAP benefits, a 56.4% 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, 12,489 Franklin County residents were considered obese, representing 33.2% (28.0%-38.2%) 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, **15,151** Franklin County residents with limited resources participated in nutrition education lessons.

Our Results

IN FRANKLIN COUNTY

Lifestyle improvements

In 2017, 74% of adult participants made a positive change in food group choices and 54% showed improvement in one or more food safety practices. In addition, 34% 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 80% improving their ability to choose healthy foods.

Our Success

Learning about heritage through healthy foods

The Franklin County FCS program embraces diversity and multiculturalism at every opportunity. One way it does so is through an African heritage class, which uses A Taste of African Heritage, a research-based curriculum. The curriculum was designed by OldWays, which inspires good health through cultural food traditions. The curriculum gives a brief look at the history, cultural background and nutrition of African heritage foods. Through the six-part, plant-based lesson plans, participants learn the major foods of Africa, South America, the Caribbean and the American South. One of its premises is that some of these food traditions have been lost because of modern American eating habits and health has suffered because of these losses.

The class taught 20 African-American women to appreciate, prepare African heritage foods and enjoy them. Elements of the African heritage diet, including spices, greens, grains, bean and rice, tubers, mashes and other fruits and vegetables were introduced. In evaluations, students indicated the class had broadened their food options. Most had never tasted many of the foods offered such as millets, quinoa, red lentils, some spices, oils and coconut milk. Recipes and handouts got favorable reviews. Participants indicated that they would incorporate more spices and herbs.

One responded: “I wouldn’t change anything [about the class]. It was excellent! Opened my eyes to another world of cooking.”



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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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