



# Nutrition Education Program

## 2017 Annual Report: Gallatin 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 1,419 Gallatin County residents lived in poverty, and 543 of them were children. This is a 17.5% increase in total poverty and 1.1% 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, 1,310 Gallatin County residents received SNAP benefits, a 67.6% 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, 2,177 Gallatin County residents were considered obese, representing 35.8% (28.4%-43.8%) 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, **2,269** Gallatin County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN GALLATIN COUNTY

#### Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **100%** began to plan meals in advance more often and **94%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **88%** improving their ability to choose healthy foods.

## Our Success

### OrganWise Guys helps kids learn about healthy habits

The Gallatin County NEP Assistant visited the local elementary school each month to present the MyPlate OrganWise Guys curriculum to second grade classrooms. This fun and informative curriculum brings to life the OrganWise Guys characters who are used to personify the major body organs and to teach four healthy eating messages: low fat, high fiber, lots of water and plenty of exercise. The United States Department of Agriculture, MyPlate, is used as a guide to teach the food groups, the foods in them and how they fit with the four healthy eating messages. Most of the students were knowledgeable as to which foods belonged to the fruit and vegetable groups, but had difficulty placing foods like fish, nuts, eggs and yogurt into the dairy and protein groups. Because of this, importance was placed on students becoming more knowledgeable about these two food groups. Students learned that eggs fit into the protein group and are a nutritious, inexpensive food that can be used for any meal or snack. As a result of this increased knowledge, the students have learned which foods to choose that will include dairy and protein to make their meals and snacks fit the four healthy MyPlate OrganWise Guys messages.



University of Kentucky  
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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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