



Nutrition Education Program

2017 Annual Report: Garrard 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 \$57,617.¹ 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 3,004 Garrard County residents lived in poverty, and 970 of them were children. This is a 5.8% increase in total poverty and 3.3% 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, 2,624 Garrard County residents received SNAP benefits, a 30.2% 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, 3,895 Garrard County residents were considered obese, representing 30.5% (24.4%-37.1%) 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, **1,143** Garrard County residents with limited resources participated in nutrition education lessons.

Our Results

IN GARRARD COUNTY

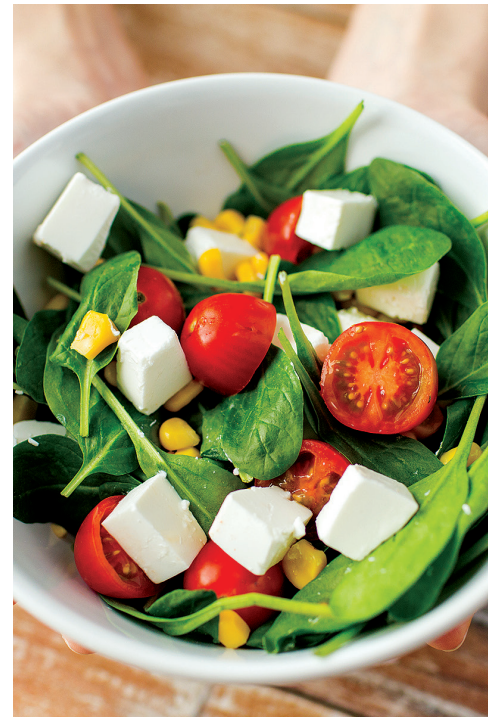
Lifestyle improvements

In 2017, **96%** of adult participants made a positive change in food group choices and **70%** showed improvement in one or more food safety practices. In addition, **76%** began to plan meals in advance more often and **58%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **90%** improving their ability to choose healthy foods.

Our Success

Making a difference with healthy recipes

Recipes and menu planning serve as building blocks for healthy meals and overall diet. Healthy meal patterns that meet the Dietary Guidelines for Americans are achieved by considering the overall food intake over a period of time and consuming a variety of foods. While individual recipes cannot meet the Dietary Guidelines for Americans, collectively they can contribute to meeting the recommendations. School food service should include recipes that highlight whole grains; fresh, frozen, canned and dried fruits and vegetables; fat-free and low-fat dairy; lean protein or seafood. And these recipes need to be tasty enough that students will eat the healthier choices. Good lunchroom management by the on-site managers and cooks is primary in being able to meet goals of menu ordering, budgeting, production records, connecting the recipe/menu to production records and serving good foods. Partnering with the Garrard County school Food Service Director and staff, the FCS agent worked to present healthy recipes. Goals included nutrition education, menu planning, recipe choosing, using fresh produce, and increasing knowledge in basic cooking skills. As a result of the 2-day training (employees had not previously had nutrition training or training on cooking techniques) employees increased their knowledge about using recipes and menu planning to meet nutritional guidelines, realized the connection between recipes and menus to the production records, menu ordering and budgeting. Thirty-five employees attended the training from all five schools in the school district.



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, 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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