



# Nutrition Education Program

## 2017 Annual Report: Grant 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 4,103 Grant County residents lived in poverty, and 1,706 of them were children. This is a 5.7% increase in total poverty and -0.5% 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, 3,902 Grant County residents received SNAP benefits, a 28.9% 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, 6,273 Grant County residents were considered obese, representing 36.3% (30.4%-42.5%) 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, **9,909** Grant County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN GRANT COUNTY

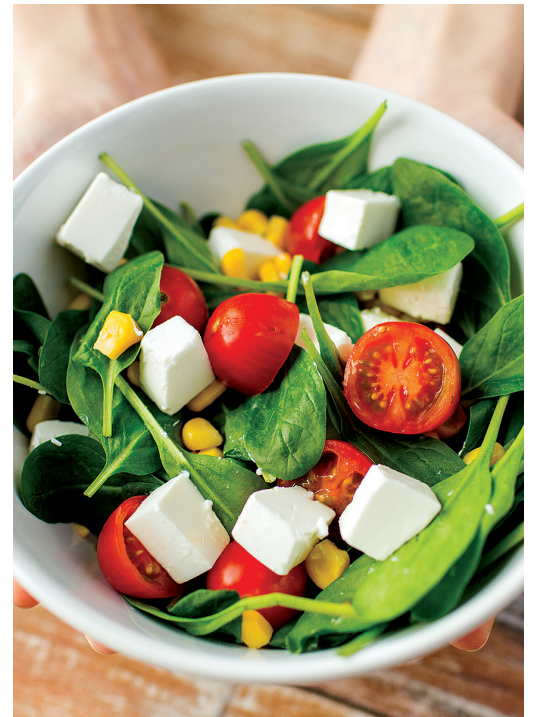
#### Lifestyle improvements

In 2017, **91%** of adult participants made a positive change in food group choices and **81%** showed improvement in one or more food safety practices. In addition, **66%** began to plan meals in advance more often and **86%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **82%** improving their ability to choose healthy foods.

## Our Success

### Coming together for the holidays with healthy foods

**F**or the second year, Grant County Cooperative Extension SNAP-ED program and the local Community Action agency held classes for Community Action clients who needed Christmas assistance. A finance and budgeting course was offered by Community Action while SNAP-Ed offered the Healthy Choices for Every Body series. Families learned about building resumes, job searches, budgeting, savings and conserving energy through Community Action. Through Extension, they learned about MyPlate; limits on eating sugars, fats and sodium; meal planning; nutrition labels; food budgeting; food safety; and the importance eating a healthy breakfast. This year, 25 families completed the series. They had the chance to prepare and taste several recipes. As a result, all made a positive change in eating foods from at least one of the five food groups. Comments included: “I look forward to the classes so I have a new recipe to try for supper,” and “I love the Hawaiian Crunch Wrap recipe, I made a double recipe and shared it with my neighbors.” Because of the class, 75% of the families now shop with a grocery list, 88% use nutrition labels to make food choices, and 79% no longer thaw foods at room temperature. The Community Action director said, “Our families love getting to cook in the classes and several have come back talking about how they made the recipes at home. Our numbers of families applying for Christmas assistance is down since last year; I think the classes are helping families make better choices.”



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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