



Nutrition Education Program

2017 Annual Report: Grayson 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 5,488 Grayson County residents lived in poverty, and 1,852 of them were children. This is a 11.7% increase in total poverty and 9.8% 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, 4,609 Grayson County residents received SNAP benefits, a 30.3% 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, 7,035 Grayson County residents were considered obese, representing 36.5% (30.8%-42.1%) 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, **4,160** Grayson County residents with limited resources participated in nutrition education lessons.

Our Results

IN GRAYSON COUNTY

Lifestyle improvements

In 2017, **89%** of adult participants made a positive change in food group choices and **79%** showed improvement in one or more food safety practices. In addition, **69%** began to plan meals in advance more often and **67%** 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

Lunch and Learn helps participants lead healthier lives

The Lunch & Learn Series of classes were geared towards adults who were unable to attend nutrition classes during the day or afternoons. The “Healthy Choices for Every Body” curriculum was used by the NEP Assistant who also partnered with the Family and Consumer Science Agent’s program “Get Moving Grayson County,” to further enhance physical activity along with increased knowledge of better nutrition. With 32 participants, the classes met on a weekly basis for 10 weeks. As a result of the classes, participants showed improvements in all ten categories that were covered in the lessons including:

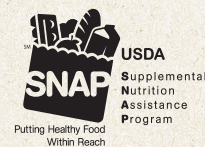
- 56% of individuals showed improvement in planning meals ahead
- 54% improved in comparing food prices
- 71% improved on food safety thawing procedures

For individuals participating in both programs, it was also reported that there was a 44% improvement rate of several health issues, i.e. blood pressure, weight, and lower cholesterol numbers.

One participant stated, “These programs involved the whole community. It was nice seeing people start a healthier lifestyle.”



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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