



Nutrition Education Program

2017 Annual Report: Greenup 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 5,846 Greenup County residents lived in poverty, and 1,748 of them were children. This is a 4.9% increase in total poverty and -0.5% decrease 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, 5,760 Greenup County residents received SNAP benefits, a 24.3% 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, 11,027 Greenup County residents were considered obese, representing 39.8% (35.6%-43.9%) 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, **11,145** Greenup County residents with limited resources participated in nutrition education lessons.

Our Results

IN GREENUP COUNTY

Lifestyle improvements

In 2017, **98%** of adult participants made a positive change in food group choices and **89%** showed improvement in one or more food safety practices. In addition, **84%** began to plan meals in advance more often and **88%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **83%** improving their ability to choose healthy foods.

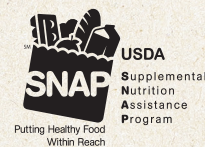
Our Success

Families see improvement in nutrition and food safety

About 13% of Greenup County’s 36,000 residents live below poverty level and about 35% are obese. Among adults, 16% suffer from diabetes. In collaboration with Greenup County Cooperative Extension, the SNAP-Ed assistant held a 10-week series focused on eating better on a budget at the Greenup County Extension office. The SNAP-Ed assistant used the Healthy Choices for Every Body curriculum as the basis for the series and emphasized budgeting for fresh fruits and vegetables and portion control. Families who participated showed a 95% improvement in two or more food groups, as well as in food safety practices. One participant said, “I have never felt better about my eating habits. I have not only benefited healthwise from the program, but I have also gained confidence to cook something for my family that is not out of a box or freezer section. I also feel like I am setting a better example for my two-year-old to have lifelong healthy habits that I hope will grow into adulthood. This program made me feel as if I could actually make a change. I have learned so much from this program and would highly recommend it to anyone!”



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP).

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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