



Nutrition Education Program

2017 Annual Report: Harrison 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 3,386 Harrison County residents lived in poverty, and 1,025 of them were children. This is a 31.1% increase in total poverty and 22.0% 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, 2,699 Harrison County residents received SNAP benefits, a 26.2% 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, 4,160 Harrison County residents were considered obese, representing 30.1% (23.9%-36.8%) 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, **2,281** Harrison County residents with limited resources participated in nutrition education lessons.

Our Results

IN HARRISON COUNTY

Lifestyle improvements

In 2017, **90%** of adult participants made a positive change in food group choices and **77%** showed improvement in one or more food safety practices. In addition, **50%** began to plan meals in advance more often and **41%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **1774%** improving their ability to choose healthy foods.

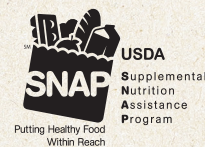
Our Success

Learning how to eat healthy on a budget

According to Feeding America, 16.9% of Harrison County residents live without consistent and reliable access to nutritious foods. To combat this, the Harrison County Cooperative Extension Service, in collaboration with SNAP-Ed, held a Healthy Choices for Every Body program at Hope’s Helping Hands Food Bank for SNAP-eligible individuals. Eight participants met once a month for seven months to learn about nutrition, cooking and budgeting. Upon graduation, 76% were able to stretch their grocery budgets by planning meals, using a shopping list or comparing prices. At each session, participants watched a cooking demonstration and tasted a healthy, inexpensive recipe. As a result, 82% of graduates said they think more about healthy choices, reading labels and reducing sodium in their diets. One participant often ordered out because no one at home knew how to cook. He said he often ran out of food. The cooking demonstrations gave him the confidence to cook for himself. He now cooks most of his meals, giving him the opportunity to eat healthier and save money.



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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