



Nutrition Education Program

2017 Annual Report: Hart 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 4,200 Hart County residents lived in poverty, and 1,498 of them were children. This is a -0.5% decrease in total poverty and 4.3% 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, 3,247 Hart County residents received SNAP benefits, a 25.2% 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, 5,023 Hart County residents were considered obese, representing 37.1% (31.3%-43.2%) 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, 4,432 Hart County residents with limited resources participated in nutrition education lessons.

Our Results

IN KENTUCKY

Lifestyle improvements

In 2017, 98% of adult participants made a positive change in food group choices and 81% showed improvement in one or more food safety practices. In addition, 71% began to plan meals in advance more often and 73% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 85% improving their ability to choose healthy foods.

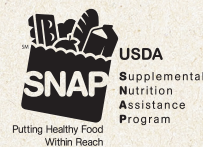
Our Success

Pounds lost and confidence gained

According to the Centers for Disease Control and Prevention, 34% of the state’s adults are overweight and 33% are obese. The Hart County SNAP-Ed assistant collaborated with a community agency to host an eight-week Weight Loss Challenge series. Several women of various ages met with the SNAP-Ed assistant each week to learn more about being healthier. After discussing topics in class, the clients received literature to take home and a wealth of new and improved recipes to share with their families. Happily, at least one client reported dramatic improvements in her health because of the series. Thanks to the information shared in class, she was able to adopt a new lifestyle. She has lost 30 pounds and feels better than ever.



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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