



# Nutrition Education Program

## 2017 Annual Report: Henderson 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.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

### 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 8,227 Henderson County residents lived in poverty, and 2,878 of them were children. This is a 45.8% increase in total poverty and 43.5% increase 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, 7,050 Henderson County residents received SNAP benefits, a 46.8% 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, 11,286 Henderson County residents were considered obese, representing 32.6% (27.8%-37.6%) 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, **5,976** Henderson County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN HENDERSON COUNTY

#### Lifestyle improvements

In 2017, **94%** of adult participants made a positive change in food group choices and **83%** showed improvement in one or more food safety practices. In addition, **60%** began to plan meals in advance more often and **84%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **92%** improving their ability to choose healthy foods.

## Our Success

### Helping students become healthy adults

The SNAP-Ed assistant for Henderson County Extension conducts the Professor Popcorn curriculum in partnership with Henderson County schools and after-school programs. The curriculum aims to help students become healthy adults by making them more interested in eating healthy foods, using safe food-handling techniques and making physical activity part of their lifestyle. Working with 12 different youth groups, ages ranging from six to 12, the students participated in hands-on activities and tasted different healthy snacks that are provided by the SNAP-Ed assistant. Several participants enjoy helping prepare the snacks and want the recipes so that they can prepare them at home. The SNAP-Ed assistant also gave the participants Chop-Chop magazines. A number of students said they had made the fried egg with bread crumbs that was in the magazine and that it was delicious. Participants also said that they didn't like spinach, but when they prepared and tasted the Super Food Smoothie they admitted they couldn't taste the spinach and wanted more.



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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