



Nutrition Education Program

2017 Annual Report: Henry 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 2,814 Henry County residents lived in poverty, and 927 of them were children. This is a 23.5% increase in total poverty and 13.6% 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, 2,368 Henry County residents received SNAP benefits, a 39.8% 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, 3,596 Henry County residents were considered obese, representing 31.6% (24.4%-39.3%) 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, 9,701 Henry 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

Small changes make a big difference

Small Steps to Health and Wealth, a national Extension program, differs from many courses because it integrates health and wealth, realizing that many unhealthy people also live on the edge financially. As part of the Managing in Tough Times Initiative, the Henry County Cooperative Extension Service hosted the Small Steps to Health and Wealth Online Challenge, which provided strategies to improve health and personal finance. The four-week program allowed participants to track daily choices related to nutrition, physical activity and personal finances. The 14 people who participated consumed at least 356 cups of fruits and vegetables, exercised at least 29 hours, chose water instead of sugary drinks (101 times), and ate at least one meal prepared at home instead of eating out (88 times). One participant who hadn't had time to record her progress online said she still benefited from the daily emails, which included a motivational quote and a tip on improving health and wealth. She lives in a small town and had made it her goal to walk when she was running errands. She also started riding her exercise bike again.



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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