



# Nutrition Education Program

## 2017 Annual Report: Hickman 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 **828** Hickman County residents lived in poverty, and **269** of them were children. This is a **-4.2%** decrease in total poverty and **-3.6%** decrease 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, **759** Hickman County residents received SNAP benefits, a **51.4%** 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, **1,307** Hickman County residents were considered obese, representing **35.2%** (27.9%-42.9%) 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, 7,169 Hickman County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN HICKMAN COUNTY

#### Lifestyle improvements

In 2017, 96% of adult participants made a positive change in food group choices and 60% showed improvement in one or more food safety practices. In addition, 72% began to plan meals in advance more often and 80% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 98% improving their ability to choose healthy foods.

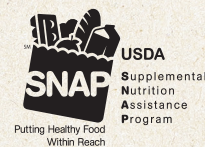
## Our Success

### LEAP for Health

Fewer than 15% of school children eat the recommended servings of fruit and fewer than 20% eat the recommended servings of vegetables. Because healthy eating has been tied to success in school, the Hickman County FCS extension agent decided to start a LEAP for Health program for preschoolers. The curriculum targets children from preschool through third grade. Each lesson includes a story, tasting new foods, activities and a family newsletter with additional information, a recipe and suggested activities to reinforce the lesson. Working together, the Hickman and Carlisle County FCS agents presented the program to 200 Hickman County preschool and kindergarten students and 58 kindergarten students in Carlisle County. Classroom teachers were impressed with the curriculum and children’s reactions. Post-lesson observations and surveys provided by the teachers concluded that by the end of the three-month program, 176 students demonstrated proper hand washing; 242 sampled a variety of foods, including fruits and vegetables, low-fat dairy or whole grains; 212 were physically active for 30 minutes or more per day; 215 had tasted a new fruit or vegetable during the program; 216 said they would try the fruit or vegetable again at home; and 203 students left the sessions knowing at least one good health habit and the benefits of exercise and of eating fruits and vegetables.



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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