



Nutrition Education Program

2017 Annual Report: Hopkins 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 \$57,617.¹ 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 7,594 Hopkins County residents lived in poverty, and 2,574 of them were children. This is a -8.1% decrease in total poverty and -7.3% decrease 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, 7,571 Hopkins County residents received SNAP benefits, a 24.3% 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, 12,241 Hopkins County residents were considered obese, representing 35.0% (30.7%-39.5%) 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, 7,437 Hopkins County residents with limited resources participated in nutrition education lessons.

Our Results

IN HOPKINS COUNTY

Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **91%** showed improvement in one or more food safety practices. In addition, **97%** began to plan meals in advance more often and **94%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **78%** improving their ability to choose healthy foods.

Our Success

Summer nutrition program inspires students to eat healthy

The Hopkins County FCS agent and SNAP-Ed assistant, in conjunction with the Pride Elementary School Family Resource coordinator, collaborated to offer a weeklong, summer nutrition education program to fourth- and fifth-graders whose families participated in a Supplemental Nutrition Assistance Program. At this school, 82% of students qualify for free or reduced-fee lunch. The 20 students enrolled in the hands-on program learned about food groups, MyPlate and had daily cooking lessons, where they worked in groups to prepare healthy foods. Students learned knife skills, stovetop safety and cooking techniques, and how to use small appliances, such as a blender, griddle and microwave. At the end of the program, all students reported that they had asked their caretakers to make at least one of the recipes from the program, all students had asked their family to keep fruits and cut-up vegetables in a place where they could reach them, and 85% had used skills at home that they had learned during the program.



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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