



Nutrition Education Program

2017 Annual Report: Jessamine 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 7,190 Jessamine County residents lived in poverty, and 2,649 of them were children. This is a 17.8% increase in total poverty and 22.9% 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, 7,099 Jessamine County residents received SNAP benefits, a 42.6% 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, 11,388 Jessamine County residents were considered obese, representing 31.5% (25.9%-37.7%) 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, **2,671** Jessamine 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

Food preservation class fosters camaraderie and money saving tips

Fifteen people attended the 2017 Jessamine County Food Preservation Program, including eight who were new to Cooperative Extension programs. They learned about pressure canning, water bath canning, freezing and drying. A number said they had learned about the program through friends and family, the Homemakers’ newsletter and Lunch and Learn sessions. Most (87%) attended the program to improve skills, because they wanted to learn and interact with others, and to save money. Program evaluations indicate an improvement in food preservation skills. All participants said that the food preservation program met their expectations. Most (93%) agreed that their home preservation skills were better after the program, that they can accurately prepare foods and containers for home food preservation and that they can identify spoilage in home-preserved products. Forty percent of participants grew a garden this year. Participants said they used food preservation methods to preserve 30 quarts and 7.5 pints of fruit, 39 quarts and 15 pints of vegetables, 39.5 pints of jams and jellies, and 50 jars of pickles.



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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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