



Nutrition Education Program

2017 Annual Report: Kenton 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 24,923 Kenton County residents lived in poverty, and 8,735 of them were children. This is a 25.3% increase in total poverty and 32.2% 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, 18,382 Kenton County residents received SNAP benefits, a 42.2% 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, 34,061 Kenton County residents were considered obese, representing 28.5% (25.7%-31.2%) 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, **8,761** Kenton County residents with limited resources participated in nutrition education lessons.

Our Results

IN KENTON COUNTY

Lifestyle improvements

In 2017, **84%** of adult participants made a positive change in food group choices and **68%** showed improvement in one or more food safety practices. In addition, **51%** began to plan meals in advance more often and **54%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **80%** improving their ability to choose healthy foods.

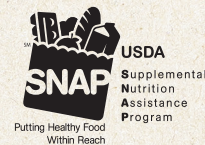
Our Success

LEAP teaches kids healthy habits for life

A first-grade teacher at White’s Tower Elementary asked the Kenton County Cooperative Extension SNAP-Ed assistant to teach her students about health and nutrition. The assistant used the Literacy, Eating, Activity for Primary (LEAP) program to teach a class of 94 first-graders for 12 weeks. The program focused on the USDA’s MyPlate. At each session, the assistant read a children’s book about eating healthy, fighting germs or being physically active. After the reading, the assistant led the students in related activities. They also learned the importance of washing their hands. At the end of each lesson, students were served a healthy snack. They were encouraged to take a “hello” bite of the food even if they thought it was something they would not like. Some of the foods, such as raspberries, blackberries, blueberries and celery, were new to many of the students. By the end of the series, 35% of the students were better able to recognize a healthy snack and 63% knew when they should wash their hands. The series has resulted in an ongoing partnership between the first-grade teachers at White’s Tower Elementary and the SNAP-Ed assistant.



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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