



Nutrition Education Program

2017 Annual Report: Knott 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 5,113 Knott County residents lived in poverty, and 1,398 of them were children. This is a -4.0% increase in total poverty and 0.1% 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, 5,165 Knott County residents received SNAP benefits, a 20.8% 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, 4,921 Knott County residents were considered obese, representing 40.2% (34.6%-46.0%) 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, **9,058** Knott County residents with limited resources participated in nutrition education lessons.

Our Results

IN KNOTT COUNTY

Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **85%** showed improvement in one or more food safety practices. In addition, **77%** 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 **89%** improving their ability to choose healthy foods.

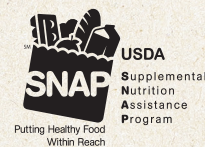
Our Success

Families learn to make healthy food choices on a budget

The Knott County NEP paraprofessional taught 55 limited-resource families how to serve more nutritious meals, keep food safe and use local food resources effectively. As a result, 69% of those families improved the nutritional quality of their diet and 73% ate a higher quality diet because they planned meals using MyPlate, considered healthy choices and used the Nutrition Facts label. The families made a number of other improvements: 42% increased the frequency of moderate physical activity for 30 minutes per day, 30% began feeding their children breakfast, 70% showed improvement in safe food-handling practices and hand-washing behavior and 75% learned to plan meals and use a grocery list to guide food purchases. A 70% improvement was shown in food price-comparison behavior. Families showed a 32% decrease in meals eaten away from home. The percentage of families who could not afford to eat properly dropped 20%.



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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