



Nutrition Education Program

2017 Annual Report: Knox 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 **10,824** Knox County residents lived in poverty, and **3,608** of them were children. This is a **9.6%** increase in total poverty and **4.8%** 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, **11,120** Knox County residents received SNAP benefits, a **22.2%** 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, **9,224** Knox County residents were considered obese, representing **39.3%** (33.8%-44.9%) 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, **1,568** Knox County residents with limited resources participated in nutrition education lessons.

Our Results

IN KNOX COUNTY

Lifestyle improvements

In 2017, **88%** of adult participants made a positive change in food group choices and **63%** showed improvement in one or more food safety practices. In addition, **38%** began to plan meals in advance more often and **50%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **550%** improving their ability to choose healthy foods.

Our Success

LEAP teaches kids healthy habits for life

Working with students in several elementary schools in the county, the NEP assistant has brought nutrition and physical activity lessons to help encourage healthy habits. Kindergarteners seemed to particularly enjoy the LEAP lessons, especially reading stories that focused on healthy eating. Through the lessons, students learned about the importance of different food groups, such as fruits in the book, Blueberries for Sal, dairy in Rodeo Ron and grains in More Spaghetti, I Say. These lessons introduced students to new foods and broadened their horizons and tastes. Lessons also included physical activities suggested by the LEAP program; sometimes students sang and danced to songs to get moving and to help emphasize that exercise should be among the healthy habits.



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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