



Nutrition Education Program

2017 Annual Report: LaRue 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 2,486 LaRue County residents lived in poverty, and 854 of them were children. This is a 22.6% increase in total poverty and 26.9% 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, 2,029 LaRue County residents received SNAP benefits, a 46.1% 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, 3,558 LaRue County residents were considered obese, representing 33.6% (27.2%-40.3%) 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, **3,842** LaRue County residents with limited resources participated in nutrition education lessons.

Our Results

IN LARUE COUNTY

Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **71%** began to plan meals in advance more often and **71%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **84%** improving their ability to choose healthy foods.

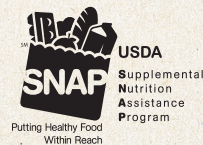
Our Success

Recipes encourage families to try new vegetables

Shepherd's Pie Food Pantry serves an average of 125 households per week in LaRue and surrounding counties. The LaRue County EFNEP assistant conducts classes and prepares and distributes recipes twice each month to participants. Through these recipes, families are introduced to new vegetables. Because they receive recipe samples, participating families have increased the amount of vegetables they take home by 70%. Some recent comments from participants include: “She has given me info on foods that are healthy and those I have bought that are not. I now eat healthier. My doctor has commented on my improved health,” “She has introduced lots of recipes to my family so they eat more veggies,” and “My children are now eating vegetables thanks to her recipes and food samples. This has been a blessing for our family as we are now eating healthy foods.” A better understanding of a balanced diet, along with proper food preparation techniques, has increased consumption of fruits and vegetables and is contributing to overall better health for these families.



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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