



Nutrition Education Program

2017 Annual Report: Lawrence 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 4,041 Lawrence County residents lived in poverty, and 1,181 of them were children. This is a -1.5% decrease in total poverty and -5.3% decrease 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, 4,495 Lawrence County residents received SNAP benefits, a 5.7% 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, 4,997 Lawrence County residents were considered obese, representing 42.2% (36.6%-47.9%) 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, 9,333 Lawrence County residents with limited resources participated in nutrition education lessons.

Our Results

IN LAWRENCE COUNTY

Lifestyle improvements

In 2017, 97% of adult participants made a positive change in food group choices and 84% showed improvement in one or more food safety practices. In addition, 77% began to plan meals in advance more often and 77% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 69% improving their ability to choose healthy foods.

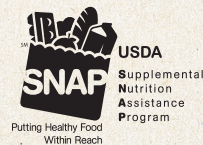
Our Success

Nutrition and Cooking Camp encourages healthy habits

In Lawrence County the percentage of adults who have been classified as obese is 41% and the percentage of adults who are classified as overweight is 80%. Both of these statistics are higher than the overall Kentucky average (Kentuckyhealthfacts.org). Only 4% of Lawrence County adults consume the recommended number of fruits and vegetables and 41% are lacking in the recommended amount of daily physical activity (Kentuckyhealthfacts.org). To combat this issue and encourage healthy habits at an early age, Lawrence County FCS presented a Nutrition and Cooking Day Camp where children prepared recipes from Plate it Up Kentucky Proud and Eat Smart to Play Hard and learned proper food safety. Other topics included making healthier food choices, drinking more water, reading food labels and how exercise can be fun. Participants shopped at the Lawrence County Farmers Market and used local produce in their recipes. Of children who participated, 83% said that they would be physically active every day and the remaining 17% said they would be active most days. All participants said that they now think being physically active is fun. Other students said, “I never had a zucchini before; I loved it!” and “I didn’t know spinach could be good, but I like it in smoothies.”



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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