



Nutrition Education Program

2017 Annual Report: Lewis 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 4,707 Lewis County residents lived in poverty, and 1,391 of them were children. This is a 19.5% increase in total poverty and 12.5% 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, 3,606 Lewis County residents received SNAP benefits, a 14.0% 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, 3,963 Lewis County residents were considered obese, representing 38.3% (34.2%-42.3%) 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, 7,487 Lewis County residents with limited resources participated in nutrition education lessons.

Our Results

IN KENTUCKY

Lifestyle improvements

In 2017, 98% of adult participants made a positive change in food group choices and 81% showed improvement in one or more food safety practices. In addition, 71% began to plan meals in advance more often and 73% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 85% improving their ability to choose healthy foods.

Our Success

Farm and Family Night a huge success

In an effort to combat the obesity epidemic in Kentucky, the Lewis County FCS program participated in Farm and Family Night at Maysville Community and Technical College. More than 1,000 people from multiple counties attend the annual event. During a class on making healthy appetizers, 40 adults and children of varying ages and backgrounds learned how to modify their favorite at-home appetizer recipes. Participants also learned about Plate it Up Kentucky Proud recipes and how to use local vegetables to make healthy recipes. At the end of the lesson, each participant could sample five dishes: stuffed zucchini boats, cauliflower mushroom poppers, confetti chicken quesadillas, cucumber corn and bean salsa, and bacon tomato dip. In evaluations, all 34 students said their knowledge, opinions, skills or aspirations regarding food preparation had improved. Almost 92% intended to cook more; 85.3% planned to prepare more healthy home-cooked meals and appetizers; 91.1% said they would be more likely to buy a Kentucky fruit or vegetable as a result of tasting a Plate it Up Kentucky Proud recipe sample, and 97.1% said they had learned more about eating healthy foods such as fruits and vegetables, whole grains and fat-free or low-fat milk products.



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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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