



Nutrition Education Program

2017 Annual Report: Lincoln 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 6,650 Lincoln County residents lived in poverty, and 2,003 of them were children. This is a 31.8% increase in total poverty and 20.2% 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, 5,226 Lincoln County residents received SNAP benefits, a 42.2% 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, 5,558 Lincoln County residents were considered obese, representing 30.8% (24.7%-37.4%) 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, **4,900** Lincoln County residents with limited resources participated in nutrition education lessons.

Our Results

IN LINCOLN COUNTY

Lifestyle improvements

In 2017, **90%** of adult participants made a positive change in food group choices and **62%** showed improvement in one or more food safety practices. In addition, **60%** began to plan meals in advance more often and **53%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **79%** improving their ability to choose healthy foods.

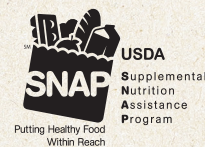
Our Success

Super Star Chef helps kids shine in the kitchen

This year, the Lincoln County FCS extension agent hosted the 2017 Super Star Chef Program, which is part of the Nutrition Education Program and is open to all youth age nine to 18. Designed to encourage healthy habits and self-sufficiency in the kitchen, the Super Star Chef Program encourages Based on data from the 16 students who took pre- and post-tests, the program enhanced understanding of the nutrition concepts. Average total score on the test improved from 10.63 to 12.25. All participants either agreed or strongly agreed that they learned about the amount of fruits and vegetables they should have on their plate; the correct way to hold a knife for cutting; and how germs can be transferred to food. Some 94% said that they learned how to wash their hands to remove germs and 86% learned how to measure ingredients. Nearly 70% said they plan to eat more fruits and vegetables because of the program.



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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