



Nutrition Education Program

2017 Annual Report: Livingston 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 1,299 Livingston County residents lived in poverty, and 429 of them were children. This is a 2.0% increase in total poverty and 11.1% 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, 1,330 Livingston County residents received SNAP benefits, a 53.9% 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, 2,177 Livingston County residents were considered obese, representing 29.7% (24.1%-36.1%) 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, 6,397 Livingston County residents with limited resources participated in nutrition education lessons.

Our Results

IN LIVINGSTON COUNTY

Lifestyle improvements

In 2017, **98%** of adult participants made a positive change in food group choices and **95%** showed improvement in one or more food safety practices. In addition, **74%** began to plan meals in advance more often and **66%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **82%** improving their ability to choose healthy foods.

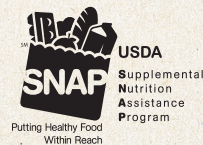
Our Success

Youth learn healthy habits that will last for life

The adult obesity rate is over 33% in Livingston County. Educating our children is one of the best ways to change this statistic in the future. The Livingston County EFNEP assistant taught nutrition classes after school for 112 children from kindergarten to 12th grade in four schools. Educational activities included everything from food recognition games and taste tests to preparing snacks. Over 45% of the 58 kindergarten through second graders were better able to recognize healthy snacks, vegetables, fruit and dairy food after the classes and 66% better understood when they should wash their hands. Thirty-three 3rd through 5th graders increased the fruit, vegetables and healthy snacks they ate by an average of 22%. They also ate breakfast 12% more often and increased physical activity by 18%. Some 21% washed their hands more often. Ten 6th through 8th graders also participated. Half ate more fruits and vegetables, 20% drank more milk and 33% drank fewer sugary drinks. They also increased their physical activity by 40% and increased hand washing by 47%. Fifteen 9th through 12th graders increased their consumption of vegetables by 93% and their consumption of fruit by 67%. They also increased their milk consumption by 35% and decreased the amount of sugary drinks they consume by 33%. In addition, 40% increased their physical activity and increased their hand washing by 47%.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP).



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



KYNEP.ca.uky.edu



Facebook.com/KYNEP