



Nutrition Education Program

2017 Annual Report: Logan 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 4,486 Logan County residents lived in poverty, and 1,645 of them were children. This is a 2.6% increase in total poverty and 9.7% 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, 3,864 Logan County residents received SNAP benefits, a 38.0% 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, 6,998 Logan County residents were considered obese, representing 35.2% (29.8%-41.4%) 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, 7,544 Logan County residents with limited resources participated in nutrition education lessons.

Our Results

IN LOGAN COUNTY

Lifestyle improvements

In 2017, 96% of adult participants made a positive change in food group choices and 89% showed improvement in one or more food safety practices. In addition, 84% 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 87% improving their ability to choose healthy foods.

Our Success

Learning basic cooking skills

Logan County has a poverty level of 19.3%, which is higher than the national average of 14.7%. The Logan County NEP paraprofessional works with youth groups and has 170 youth graduates from the Nutrition Education Program each year. The new Teen Cuisine curriculum was used to teach students at Logan County High School to make several different recipes in a cooking lab. “Find the Fat” was a successful and favorite lesson. Students learned about different types of fat and which fats they should limit. Recipes made were baked chicken nuggets and baked fries. Making these recipes taught students several basic cooking skills: how to use a food scale to weigh foods, how to use a meat thermometer and knives, and proper techniques for handling raw meat. Students loved that they learned to make two of their favorite foods in class and that what they made was less fattening than typical fast food.



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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