



# Nutrition Education Program

## 2017 Annual Report: Lyon 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.<sup>1</sup> Kentucky has high rates of poverty and food insecurity when compared to the United States as a whole.<sup>1</sup>

	Kentucky	U.S.
<b>Total Poverty</b>	18.5%	14.4%
<b>Child Poverty</b>	25%	19.8%
<b>Food Insecurity</b>	17.3%	13%
<b>Very Low Food Secure</b>	7.4%	5.2%

In 2014, an estimated 1,108 Lyon County residents lived in poverty, and 287 of them were children. This is a 10.2% increase in total poverty and 28.1% increase in child poverty since 2007.<sup>2</sup>

#### 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.<sup>1</sup>

In 2015, 730 Lyon County residents received SNAP benefits, a 61.2% increase since 2007.<sup>3</sup>

	Kentucky	U.S.
<b>SNAP Participation</b>	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.<sup>4</sup> Kentucky has a high prevalence of hypertension, diabetes, and obesity, ranking in the top 10 when compared to other states.<sup>5</sup> 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.<sup>4</sup>

In 2013, 2,343 Lyon County residents were considered obese, representing 33.3% (27.0%-39.6%) of the county's population.<sup>6</sup>

## 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, 3,176 Lyon 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.

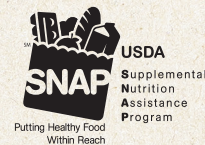
## Our Success

### Slow cooker class a hit with families

According to the USDA, in 1970 only 25.9 percent of money spent on food was spent eating outside of the home. Fast-forward to 2016 and that has increased to more than 43.1 percent. Several factors contribute, according to the USDA, including the larger share of women employed outside the home, more two-earner households, higher incomes, more affordable and convenient fast-food outlets, increased advertising and promotion by foodservice chains, and the smaller size of U.S. households. The downside to eating out more is the upsizing of our waists. Obesity rates are at an all-time high and without education that is not likely to change. To help those in the community better understand how cooking at home may lead to a healthier lifestyle, a lesson on using the slow cooker was offered to more than 100 Homemakers. The lesson focused on using slow cookers to make well-balanced, delicious meals with minimal preparation time. Nine different slow cookers were shown and discussed. In an evaluation six months later, 99 participants reported that they were using their slow cookers more. Asked to describe the benefits of using slow cookers, participants said meal prep was faster and easier; dinner was ready when they got home, and energy was saved on monthly electricity bills.



University of Kentucky  
Nutrition Education Program  
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**SOURCES:** 1. [Frac.org/reports-and-resources/national-and-state-program-data-2](http://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](http://Stateofobesity.org), accessed December 2017; 6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

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