



Nutrition Education Program

2017 Annual Report: Madison 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 15,947 Madison County residents lived in poverty, and 4,119 of them were children. This is a 13.0% increase in total poverty and 3.4% 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, 11,882 Madison County residents received SNAP benefits, a 43.9% 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, 20,430 Madison County residents were considered obese, representing 32.2% (27.7%-36.6%) 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, **5,319** Madison County residents with limited resources participated in nutrition education lessons.

Our Results

IN MADISON COUNTY

Lifestyle improvements

In 2017, **89%** of adult participants made a positive change in food group choices and **62%** showed improvement in one or more food safety practices. In addition, **52%** began to plan meals in advance more often and **58%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **59%** improving their ability to choose healthy foods.

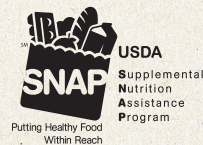
Our Success

Helping recovery center residents live healthier lives

The Madison County Cooperative Extension NEP paraprofessional has taught nutrition classes at the Liberty Place Women’s Recovery Center for many years. Women at the center are recovering from alcohol and drug addiction and live there for nine months to a year. The women had little control over meal and snack options and the NEP assistant noticed that they gained weight in recovery and that their dairy and vegetable intakes were low. Extension began working closely with the center. The horticulture agent initiated a garden project. The NEP assistant taught lessons about MyPlate, meal planning, reading labels, food budgeting and safety, the importance of breakfast and better beverage choices. Through these efforts, residents gained less weight and consumed more vegetables, dairy and water. The women also grew, harvested and cooked produce from their garden and provided ingredients for a salad bar for lunch and dinner service. They even made fresh salsa. The center houses more than 80 women who participate in one-month kitchen rotations. All say that growing fresh produce and herbs has been therapeutic and that their bodies have responded better to recovery with aid of healthy food and water.



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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