



# Nutrition Education Program

## 2017 Annual Report: Magoffin 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 3,850 Magoffin County residents lived in poverty, and 1,191 of them were children. This is a -5.9% decrease in total poverty and -12.4% decrease 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, 4,652 Magoffin County residents received SNAP benefits, a 11.0% 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, 3,264 Magoffin County residents were considered obese, representing 33.7% (27.7%-39.9%) 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, **5,851** Magoffin County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN MAGOFFIN COUNTY

#### Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **94%** showed improvement in one or more food safety practices. In addition, **94%** began to plan meals in advance more often and **82%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **81%** improving their ability to choose healthy foods.

## Our Success

### LEAP program focuses on healthy foods

The NEP assistant used the LEAP (Literacy, Eating, and Activities for Primary) curriculum to teach preschool children about healthy eating. Through this program, a book about food is read to the children and then a tasting is offered. Among the books read was *The Bernstein Bears and Too Much Junk Food*. The tasting included bugs on a log (celery, cream cheese and raisins). Children enjoyed the new twist on a traditional snack. Later, through social media, it became apparent how successful the tasting was. Two schoolteachers and one other staff member raved on social media about how delicious the snack was and how they would be making it at home. Other adults commented that they wanted to give the snack a try. Not only did the children try something new, but the adults did too. The experience is a reminder that children mimic the actions of adults, so that if adults eat healthy snacks it is likely children will try them too.



University of Kentucky  
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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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