



Nutrition Education Program

2017 Annual Report: Marion 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 4,065 Marion County residents lived in poverty, and 1,290 of them were children. This is a 28.3% increase in total poverty and 24.8% 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, 3,134 Marion County residents received SNAP benefits, a 39.1% 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, 4,527 Marion County residents were considered obese, representing 30.6% (24.9%-36.8%) 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, **2,046** Marion County residents with limited resources participated in nutrition education lessons.

Our Results

IN MARION COUNTY

Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **74%** began to plan meals in advance more often and **62%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **73%** improving their ability to choose healthy foods.

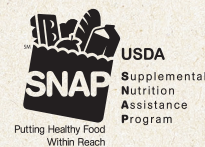
Our Success

Families eat more veggies and whole grains after MyPlate Challenge

Marion County Cooperative Extension partnered with the Lebanon Housing Authority to offer a new program on nutrition. The six-week MyPlate Challenge was offered to families served by the housing authority. Each week, lessons were taught on MyPlate and a food group. Families were asked to chart the servings they consumed of each food group to see if they met recommended daily amounts. Then, at the next week’s meeting, they would bring their charts and evaluate their progress. After the challenge, families were awarded prizes based on their success in eating the right amounts of foods recommended by MyPlate. Four of the six families who started the program finished it. Those families made changes to their eating habits and began eating healthier. One family said they ate more vegetables and more whole grains during and after the challenge. Whole grains included 100% whole-wheat bread, oatmeal and pasta. Several families switched to baking meat instead of frying it and to drinking water and 100% juice instead of soda. The challenge also made families more aware of the portion sizes.



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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