



Nutrition Education Program

2017 Annual Report: Marshall 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 3,977 Marshall County residents lived in poverty, and 1,172 of them were children. This is a 3.9% increase in total poverty and 2.8% 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, 3,568 Marshall County residents received SNAP benefits, a 33.2% 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, 8,261 Marshall County residents were considered obese, representing 34.1% (29.1%-38.8%) 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, 5,922 Marshall County residents with limited resources participated in nutrition education lessons.

Our Results

IN MARSHALL COUNTY

Lifestyle improvements

In 2017, 100% of adult participants made a positive change in food group choices and 90% showed improvement in one or more food safety practices. In addition, 59% began to plan meals in advance more often and 74% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 72% improving their ability to choose healthy foods.

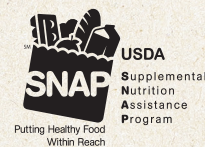
Our Success

OrganWise Guys program helps kids learn about healthy habits

According to the Centers for Disease Control and Prevention, 16% of Kentucky children are overweight and 15.6% struggle with obesity. A five-month OrganWise Guys program was conducted by the Marshall County Cooperative Extension Service in collaboration with three local elementary schools where children receive free or reduced meals. Each session included a story that introduced an organ of the body and an activity to promote being physically active. The 183 students, kindergarten through second grade, were evaluated at program’s beginning and end. After the OrganWise Guys program, 28% of students were better able to identify healthy snacks, 24% could identify vegetables and 21% improved their responses to fruits and dairy snacks. One student said, “Thank you for teaching us about eating healthy, taking care of our bodies and our organs.” In other results: 11% of children improved their physical activity practices, 22% showed they knew more and were better at handling food safely and 69% improved in at least one core area.



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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