



Nutrition Education Program

2017 Annual Report: Martin 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 4,401 Martin County residents lived in poverty, and 1,093 of them were children. This is a 6.2% increase in total poverty and -15.2% decrease 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, 3,981 Martin County residents received SNAP benefits, a 7.1% 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, 3,847 Martin County residents were considered obese, representing 39.3% (32.1%-46.6%) 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, 5,473 Martin 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

Cutting out sugary beverages

According to the Center for Disease Control and Prevention, Kentucky adult obesity rates are among the 10 highest in the United States. Kentucky Health Facts also states that tooth loss in Martin County, at 29% is higher than the Kentucky State average of 24%. Unhealthy, sugary beverages is one of the major contributors to this issue. To address this issue, Martin County Extension FCS presented on “Making Healthy Lifestyle Choices: Beverage Choices” to high school students to educate all topics linked to sugary beverage consumption. Freshman students were the target audience for this learning session. The lesson provided a display of how many teaspoons of sugar were contained in a large selection of drinks shown. A PowerPoint visual was also shown to discuss other diseases related to over consumption of sugary drinks and how to manage/decrease consumption or find alternatives. Overall, the program educated 51 students. As a result, there was a significant decrease in sugary beverage consumption among freshman students. Out of 51 students, 42 stated they were willing to change their behavior. Post evaluations revealed the following positive changes: “I have lost 7 pounds by quitting soda.” “Thank you for doing this class, I feel better after drinking more water.”



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Nutrition Education Program
Family and Consumer Sciences Extension



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

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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