



Nutrition Education Program

2017 Annual Report: McCreary 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 7,525 McCreary County residents lived in poverty, and 1,927 of them were children. This is a 24.0% increase in total poverty and -13.6% 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, 5,975 McCreary County residents received SNAP benefits, a 13.7% 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, 4,645 McCreary County residents were considered obese, representing 34.3% (28.3%-40.3%) 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, 4,756 McCreary County residents with limited resources participated in nutrition education lessons.

Our Results

IN MCCREARY COUNTY

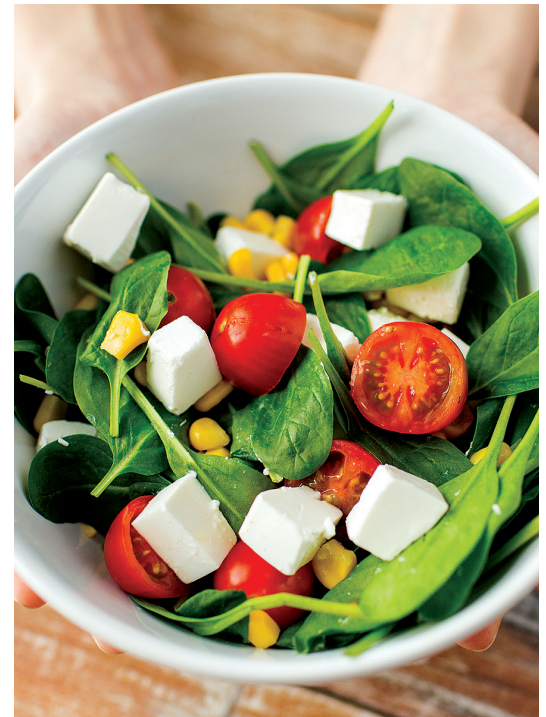
Lifestyle improvements

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, **75%** began to plan meals in advance more often and **71%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **2922%** improving their ability to choose healthy foods.

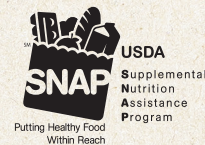
Our Success

Improving the lives of McCreary County senior citizens

The McCreary County Extension Service, working with the McCreary County senior citizens, used the Healthy Choices for Every Body curriculum to help this population live more healthy lives. According to the U.S. Census Bureau, in 2015 an estimated 2,512 adults age 65 and over lived in McCreary County. By 2020, there will be 3,058 seniors in the county. Seniors in McCreary County have health problems: 31% have arthritis, 51% have high cholesterol, 59% have hypertension, 14% have heart failure and 31% have had a heart attack. The monthly program at the McCreary County Park reached 20 to 25 limited-resource seniors and 25 to 30 homebound seniors who have meals delivered by the McCreary County Senior Citizens. The homebound participants received materials from the Healthy Choices for Every Body curriculum so they can learn about meal planning, comparing prices, the value of using a grocery list, food safety, and the importance of drinking water. Among all the participants, 94% made a positive change in food group choice, 71% improved in food safety practices, 86% improved in food resource management practices, and 66% use the nutrition facts on food labels to make food choices more often. The senior citizens director said the homebound participants looked forward to receiving program materials each month. One participant reads all the Healthy Choice materials each month and shares the information with her family and caregivers.



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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