



# Nutrition Education Program

## 2017 Annual Report: Menifee 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.<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 1,668 Menifee County residents lived in poverty, and 515 of them were children. This is a -7.7% decrease in total poverty and -7.2% 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, 1,586 Menifee County residents received SNAP benefits, a 0.7% 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, 1,596 Menifee County residents were considered obese, representing 33.3% (27.8%-39.2%) 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, **1,414** Menifee County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN MENIFEE COUNTY

#### Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **81%** showed improvement in one or more food safety practices. In addition, **88%** began to plan meals in advance more often and **86%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **28%** improving their ability to choose healthy foods.

## Our Success

### Learning how to prepare produce found at the farmers market

**T**he Menifee County Gateway Health Department distributed farmers market WIC vouchers to clients who qualified for the program. It was suggested that they use the WIC vouchers at the Menifee County Farmers Market to help keep the benefit in the county. Most of the recipients said that they didn't know Menifee County had a farmers market, and they had very little knowledge of how to prepare certain vegetables. As such, the NEP assistant was on hand at the market to provide recipes and information about using produce available at the farmers market. The assistant also taught clients about nutrition, Plate it Up Kentucky Proud recipes and program reinforcements. The program helped WIC recipients become confident in buying a variety of vegetables so they could use healthy recipes to prepare meals.



University of Kentucky  
Nutrition Education Program  
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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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