



Nutrition Education Program

2017 Annual Report: Metcalfe 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 2,484 Metcalfe County residents lived in poverty, and 863 of them were children. This is a 3.4% increase in total poverty and -0.6% 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, 2,190 Metcalfe County residents received SNAP benefits, a 45.0% 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, 2,502 Metcalfe County residents were considered obese, representing 33.8% (27.0%-40.8%) 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, 3,459 Metcalfe County residents with limited resources participated in nutrition education lessons.

Our Results

IN METCALFE 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 **79%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **90%** improving their ability to choose healthy foods.

Our Success

Worksite Wellness classes inspires healthy living

According to CEDIK data, 35% of adults in Metcalfe County are obese. Metcalfe County also lacks access to healthcare, with 2017 data showing only one primary care facility physician and a need of 27 according to county population. The Family and Consumer Science Agent has been holding Worksite Wellness classes. This past year, the NEP Assistant was invited to come as well. Using the Healthy Choices for Every Body curriculum, participants are taught to analyze their food intake starting with a food recall. They are taught that planning saves time and money. The curriculum shows what nutrients are derived from each of the food groups and how much food is needed from each group. At each session, the participants are given a food sample from the curriculum and given several other recipes to try new foods at home. When evaluated, participants responded that they are planning more and spending less at the grocery. One participant said she had started taking her health seriously and has lost 61 lbs. and is still working to stay healthy and on the “right track.”



University of Kentucky
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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