



Nutrition Education Program

2017 Annual Report: Nelson 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 5,618 Nelson County residents lived in poverty, and 2,078 of them were children. This is a 18.8% increase in total poverty and 18.7% 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, 5,435 Nelson County residents received SNAP benefits, a 41.5% 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, 10,451 Nelson County residents were considered obese, representing 32.4% (27.3%-37.6%) 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, 6,645 Nelson County residents with limited resources participated in nutrition education lessons.

Our Results

IN NELSON COUNTY

Lifestyle improvements

In 2017, 93% of adult participants made a positive change in food group choices and 86% showed improvement in one or more food safety practices. In addition, 86% 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 63% improving their ability to choose healthy foods.

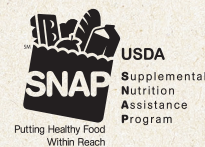
Our Success

Neighborly Nutrition: local produce helps limited-resource families

Feeding America reports that in 2014, 6,400 Nelson County residents were food insecure. St. Vincent DePaul’s food pantry serves roughly 600 families each month. It recently received funds, along with community support, to expand to a client-choice distribution, which allows clients to choose their own foods instead of receiving a predetermined set of food. Because the food supplied did not always have the highest nutritional values, the pantry, with the extension agent for horticulture, offered the pilot program Neighborly Nutrition. Through the program, gardeners could donate extra produce to the food pantry so that fresh, local produce could be given to limited-resource families. To date, the program has supplied 5,000 pounds of fresh produce to these families. Along with the produce, recipes and low-cost ways to create meals with the produce are provided, as well as cooking demonstrations.



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



KYNEP.ca.uky.edu



Facebook.com/KYNEP