



Nutrition Education Program

2017 Annual Report: Oldham 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 3,211 Oldham County residents lived in poverty, and 1,115 of them were children. This is a 3.1% increase in total poverty and 41.0% 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, 1,998 Oldham County residents received SNAP benefits, a 18.6% 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, 12,415 Oldham County residents were considered obese, representing 28.0% (23.4%-32.9%) 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, 3,727 Oldham County residents with limited resources participated in nutrition education lessons.

Our Results

IN OLDHAM COUNTY

Lifestyle improvements

In 2017, **98%** of adult participants made a positive change in food group choices and **92%** showed improvement in one or more food safety practices. In addition, **69%** began to plan meals in advance more often and **80%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **69%** improving their ability to choose healthy foods.

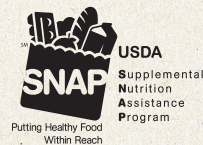
Our Success

Daily food journal helps recovery treatment center participants improve their eating habits

The National Institute on Drug Abuse asserts that successful addiction treatment helps an addict become drug-free, stay drug free, and be a productive member of the family. In an effort to achieve this outcome, the Oldham County Extension EFNEP assistant partnered with the local correctional facility to bring nutrition education to their substance abuse program. Lessons from the Healthy Choices for Every Body curriculum focused on helping prepare inmates for a healthier lifestyle upon returning to their families. Since last year, approximately 60 participants have learned how to use nutrition labels to find healthy food choices for their families, proper food safety techniques, and stretch their food dollars. Multiple participants noted the importance in keeping a daily food journal, especially in the case of previous health issues. One participant expressed his hope to show his wife, who has diabetes, this strategy to help improve her eating habits.



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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