



Nutrition Education Program

2017 Annual Report: Owen 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 1,848 Owen County residents lived in poverty, and 615 of them were children. This is a 7.3% increase in total poverty and 5.1% 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, 1,586 Owen County residents received SNAP benefits, a 28.5% 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, 2,375 Owen County residents were considered obese, representing 30.0% (23.8%-37.3%) 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, **6,998** Owen County residents with limited resources participated in nutrition education lessons.

Our Results

IN OWEN COUNTY

Lifestyle improvements

In 2017, **99%** of adult participants made a positive change in food group choices and **97%** showed improvement in one or more food safety practices. In addition, **90%** began to plan meals in advance more often and **94%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **5426%** improving their ability to choose healthy foods.

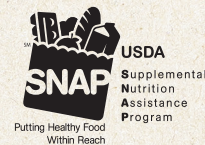
Our Success

Plate it Up Kentucky Proud

Through Extension, market shoppers learn ways to use fruits and vegetables that might be new to them that they would find at the farmers market. Statistically, those who have less money have less healthy eating habits, so offering the Double Dollars program has helped make fresh local foods accessible to more families. Monies raised by the 2016 Farm-to-Table Dinner allowed the market to make a \$1,500 match toward the \$3,500 grant for the incentive program for customers using the nutrition assistance benefit as payment. Consumers are always eager to see which Plate it Up Kentucky Proud recipes are being featured at the market. Surveys show the recipes have an impact on the produce purchased. Nearly all tried the recipes at home and 93% said the recipes influenced their decision to buy fruits and vegetables. The recipes also helped shoppers evaluate their nutritional needs and plan future market and grocery purchases. Just over 90% purchased the fruit or vegetable featured on the recipe card and 86% have been eating more fruits and vegetables since the farmers market began.



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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