



Nutrition Education Program

2017 Annual Report: Owsley 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 1,984 Owsley County residents lived in poverty, and 507 of them were children. This is a -0.9% decrease in total poverty and -8.2% 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, 2,069 Owsley County residents received SNAP benefits, a 12.3% 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, 1,186 Owsley County residents were considered obese, representing 33.6% (26.6%-40.3%) 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, **11,976** Owsley County residents with limited resources participated in nutrition education lessons.

Our Results

IN OWSLEY 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, **100%** began to plan meals in advance more often and **95%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **96%** improving their ability to choose healthy foods.

Our Success

StoryWalk Trail encourages family time and physical activity

Owsley County has limited public spaces for families and children to play. Families are also in need of safer, less-expensive activities, especially since 39% of children there live in poverty, 44% of kindergarteners are not ready to learn and 32% of children are being raised in single-parent families. With these statistics in mind, Owsley County Extension worked with local and regional partners to create a StoryWalk Trail along an existing walking trail. The StoryWalk Trail consists of wooden posts topped with a plexiglass frame. Posts are spaced evenly along the trail. Inside the frame are two pages of a storybook so that families following the trail can walk and read. The storybook ends at the trail’s end. The project has encouraged family togetherness, physical activity and reading. During the StoryWalk grand opening some 200 people walked the trail including children, parents and grandparents. At the end of the trail, a hands-on activity from our LEAP curriculum was available to reiterate the story. Initial results showed that all who attended were excited about the addition to the park. Several families said this addition to the walking trail would encourage them to be more physically active.



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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