



Nutrition Education Program

2017 Annual Report: Pendleton 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 2,229 Pendleton County residents lived in poverty, and 724 of them were children. This is a -2.2% decrease in total poverty and -1.0% 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, 2,064 Pendleton County residents received SNAP benefits, a 37.8% 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, 3,524 Pendleton County residents were considered obese, representing 32.4% (25.6%-38.5%) 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, 4,457 Pendleton County residents with limited resources participated in nutrition education lessons.

Our Results

IN KENTUCKY

Lifestyle improvements

In 2017, 98% of adult participants made a positive change in food group choices and 81% showed improvement in one or more food safety practices. In addition, 71% began to plan meals in advance more often and 73% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 85% improving their ability to choose healthy foods.

Our Success

Get Fit Pendleton County Challenge a huge success

Pendleton County faces serious health issues including obesity, which is tied to a lack of exercise. Nearly a third of the county’s adults said they had done no leisure-time exercise in the past month. To increase physical activity, an eight-week Get Fit Pendleton County Challenge was initiated. Through the challenge, participants could buy a Fitbit at a reduced rate and families were encouraged to be active together. The 139 participants were challenged to get 10,000 steps or more a day, track their food and water, eat more fruits and vegetables, avoid food or drink three hours before bedtime and participate in county-led educational programs and walks and hikes. Eight weeks after the program, 87% were still striving to do 30 minutes of physical activity daily, 69% continued to track their food intake using their Fitbit App, 81% were drinking more water and 77% were eating five or more servings of fruits and vegetables. Comments included, “This program has helped my family become more physically active together. We take more hikes together and challenge each other to get 10,000 steps daily” and “I did not realize how few steps I took each day. I am so competitive. I try to beat my steps daily.” The challenge also brought 24 new clients to extension programs.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension

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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