



Nutrition Education Program

2017 Annual Report: Perry 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 7,401 Perry County residents lived in poverty, and 2,045 of them were children. This is a -18.2% decrease in total poverty and -34.8% 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, 9,455 Perry County residents received SNAP benefits, a 16.6% 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, 7,928 Perry County residents were considered obese, representing 37.0% (32.9%-41.2%) 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, **10,209** Perry County residents with limited resources participated in nutrition education lessons.

Our Results

IN PERRY COUNTY

Lifestyle improvements

In 2017, **98%** of adult participants made a positive change in food group choices and **95%** showed improvement in one or more food safety practices. In addition, **85%** began to plan meals in advance more often and **87%** 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.

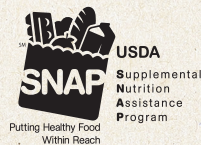
Our Success

Partnership with local farmers market encourages healthy food choice

Perry County Cooperative Extension, in conjunction with the SNAP-Ed program, offered a series of seven nutrition education classes to underserved families. The class used the Nutrition Education Program’s Healthy Choices for Every Body curriculum, which focuses on fresh fruits and vegetables. When asked if they were buying fresh fruits and vegetables, the families said they could not afford to because of the cost of fresh fruits and vegetables in local grocery stores. Through a partnership with the farmers market, the program allowed participants to buy fresh fruits and vegetables at a significantly lower cost. Participants then received new recipes to use. After the class about eating healthier on a budget, one participant told the class he had made some of the new recipes using vegetables and that his children were now eating vegetables. After the series, the SNAP-Ed assistant saw several class participants at the farmers market, buying fruits and vegetables. They said their families are now eating fresh fruits and vegetables and they realize they can afford to buy fresh, if they buy in season and then preserve the foods using current USDA and Cooperative Extension food preservation guidelines.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



This material was partially 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