



Nutrition Education Program

2017 Annual Report: Pike 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 16,796 Pike County residents lived in poverty, and 4,187 of them were children. This is a 25.3% increase in total poverty and 12.9% 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, 15,296 Pike County residents received SNAP benefits, a 23.1% 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, 19,012 Pike County residents were considered obese, representing 38.9% (35.5%-42.6%) 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, **12,093** Pike County residents with limited resources participated in nutrition education lessons.

Our Results

IN PIKE COUNTY

Lifestyle improvements

In 2017, **78%** of adult participants made a positive change in food group choices and **52%** showed improvement in one or more food safety practices. In addition, **53%** began to plan meals in advance more often and **48%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **90%** improving their ability to choose healthy foods.

Our Success

Learning how to prepare healthy foods and shopping on a budget

The Pike County Cooperative Extension Service Expanded Food and Nutrition Education Program entered into its fifth year of partnership with the Pike County Detention Center and WestCare to provide nutritional classes to female clients. Ten clients entered the program with a 100% graduation rate. The Healthy Choices for Every Body curriculum was employed as residents learned how to prepare fresh, healthy foods using each of the food groups. They gained skills in meal planning, budgeting for food spending, food safety and proper exercise. Family health was emphasized as they learned how to provide healthy food for children and how exercise will improve the physical and emotional health of the entire family. All participants showed improvement in food resource management practices, such as comparing prices when shopping and using a grocery list and showed improvement in nutrition practices, such as preparing food without salt and deciding on healthy food choices for their families. 90% showed improvement in food safety practices, such as not allowing food to thaw at room temperature and refrigerating food within a safe time. One participant wrote, “Honestly, I’d never paid attention to food labels before, let alone read one. Now, not only will I pay attention, but when I read them I will understand what is in the food I eat.”



University of Kentucky
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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

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