



# Nutrition Education Program

## 2017 Annual Report: Pulaski 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.<sup>1</sup> Kentucky has high rates of poverty and food insecurity when compared to the United States as a whole.<sup>1</sup>

	Kentucky	U.S.
<b>Total Poverty</b>	18.5%	14.4%
<b>Child Poverty</b>	25%	19.8%
<b>Food Insecurity</b>	17.3%	13%
<b>Very Low Food Secure</b>	7.4%	5.2%

In 2014, an estimated 16,338 Pulaski County residents lived in poverty, and 4,826 of them were children. This is a 28.3% increase in total poverty and 15.4% increase in child poverty since 2007.<sup>2</sup>

#### 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.<sup>1</sup>

In 2015, 12,372 Pulaski County residents received SNAP benefits, a 37.7% increase since 2007.<sup>3</sup>

	Kentucky	U.S.
<b>SNAP Participation</b>	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.<sup>4</sup> Kentucky has a high prevalence of hypertension, diabetes, and obesity, ranking in the top 10 when compared to other states.<sup>5</sup> 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.<sup>4</sup>

In 2013, 16,084 Pulaski County residents were considered obese, representing 33.6% (29.8%-37.6%) of the county's population.<sup>6</sup>

## 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, **21,331** Pulaski County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN PULASKI COUNTY

#### Lifestyle improvements

In 2017, **84%** of adult participants made a positive change in food group choices and **89%** showed improvement in one or more food safety practices. In addition, **63%** began to plan meals in advance more often and **79%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **56%** improving their ability to choose healthy foods.

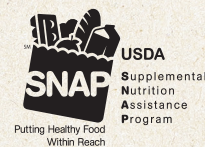
## Our Success

### Kids learn proper hand washing before eating to help stay healthy

**F**irst-grade and second-grade teachers at Nancy Elementary School noticed that their students were not properly washing their hands before eating. They worried that the children could get sick and spread germs and asked Pulaski County Extension to teach How to Wash Your Hands. The SNAP-Ed assistant taught the children why and when to wash their hands. The assistant demonstrated how to wash hands by scrubbing 20 seconds using warm water and soap. Glow-germ lotion was applied to the children’s hands before they went to wash so that they could see for themselves if they were washing properly. Of 75 children who participated in a hand washing, almost half better understood when and how to wash their hands properly. The teachers were pleased with the hand-washing activity used with their students. Several months later, they told the assistant that the children are still taking the time to wash their hands for 20 seconds with warm water and soap before going to lunch.



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](http://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](http://Stateofobesity.org), accessed December 2017; 6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

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