



Nutrition Education Program

2017 Annual Report: Russell 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 4,608 Russell County residents lived in poverty, and 1,442 of them were children. This is a 22.1% increase in total poverty and 22.9% 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, 4,240 Russell County residents received SNAP benefits, a 32.8% 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, 4,644 Russell County residents were considered obese, representing 34.6% (29.0%-40.5%) 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, 5,127 Russell County residents with limited resources participated in nutrition education lessons.

Our Results

IN RUSSELL COUNTY

Lifestyle improvements

In 2017, 100% of adult participants made a positive change in food group choices and 96% showed improvement in one or more food safety practices. In addition, 92% began to plan meals in advance more often and 78% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 75% improving their ability to choose healthy foods.

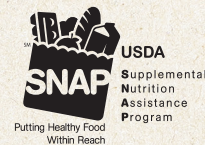
Our Success

Families make positive changes in their nutrition habits

According to the Centers for Disease Control and Prevention, Russell County’s adult obesity rate is 33.7%. To combat the problem, Russell County Cooperative Extension worked with SNAP-Ed to offer Healthy Choices for Every Body to 79 families that are eligible for SNAP benefits. The NEP offered programs on food safety, food resource management, food preparation, food choices and health. The UK Nutrition Education Curriculum and USDA resources were used and programs were held at various locations, including the housing authority, churches and the career center. Sixty-three of the families participated in seven or more lessons and completed the program. Of those families, 97% made a positive change in their diet, 84% plan meals in advance, 78% compare food prices more and 56% reduced the number of times they run out of food before the end of the month. Participant comments included, “I went from drinking 12 sodas a day to four and am working on drinking more water” and “I learned how to feed my kids healthier meals and enjoyed trying new recipes.”



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



This material was 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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