



Nutrition Education Program

2017 Annual Report: Scott 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 5,406 Scott County residents lived in poverty, and 2,012 of them were children. This is a 39.9% increase in total poverty and 37.0% 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, 5,212 Scott County residents received SNAP benefits, a 43.3% 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, 10,446 Scott County residents were considered obese, representing 29.4% (24.4%-35.0%) 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, **5,585** Scott County residents with limited resources participated in nutrition education lessons.

Our Results

IN SCOTT COUNTY

Lifestyle improvements

In 2017, 73% of adult participants made a positive change in food group choices and 64% showed improvement in one or more food safety practices. In addition, 64% began to plan meals in advance more often and 40% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 53% improving their ability to choose healthy foods.

Our Success

Slow cooker class a hit with families

Commitments at work, school and beyond can make it hard for families to find time to prepare and eat meals together at home, which is why they often resort to fast food.

Research shows that meals prepared at home have many benefits. According to the Journal of Adolescent Health, more frequent family dinners are linked to fewer emotional and behavioral problems, greater emotional well-being, more trusting and helpful behaviors toward others and higher life satisfaction. Scott County Extension offered a Slow Cooker Class to show families how to safely prepare a variety of recipes in the slow cooker, adapt slow cooker recipes and reduce food waste and money spent by using the slow cooker more. In a survey, all participants said they had adopted proper food safety techniques taught in the class. Some 97% indicated they have prepared a slow cooker meal since the class and 75% said they are preparing more meals at home. Eating at home has allowed more time for mealtime conversation and interaction. Some 84% of participants said the class had helped them save money; 75% shared information from the class with a friend. One participant said, “This class inspired me to get my slow cooker out and try the great recipes that were shared at the workshop. As a family of two retirees, using the slow cooker is a good alternative!”



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, 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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