



Nutrition Education Program

2017 Annual Report: Shelby 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 5,548 Shelby County residents lived in poverty, and 1,897 of them were children. This is a 6.6% increase in total poverty and 13.5% 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, 3,946 Shelby County residents received SNAP benefits, a 47.4% 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, 10,691 Shelby County residents were considered obese, representing 33.0% (26.8%-39.4%) 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, **6,927** Shelby County residents with limited resources participated in nutrition education lessons.

Our Results

IN SHELBY COUNTY

Lifestyle improvements

In 2017, **90%** of adult participants made a positive change in food group choices and **66%** showed improvement in one or more food safety practices. In addition, **47%** began to plan meals in advance more often and **69%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **3529%** improving their ability to choose healthy foods.

Our Success

Combating youth obesity with nutrition program

Shelby County’s adult obesity rate parallels that of Kentucky at around 30% of the population. Obesity rates are alarming for low-income preschool children as well. To help decrease obesity in Shelby County, the Cooperative Extension Service has created a local nutrition program. It educates students at a younger age about healthier eating. The FCS agent and the 4-H assistant created and presented a nutrition program in 28 elementary school 4-H clubs. A total of 718 children from Shelby County participated in Eat Right, Be Active Every Day! in March 2017. Sixty days later, 227 students completed a follow-up survey. It showed that 61% of these students ate five or more servings of fruits and vegetables daily, 90% ate breakfast each morning, 76% ate healthy snacks and 88% chose nutritious drinks such as water, milk and 100% fruit juice. Seventy-seven percent of the students shared their new nutrition knowledge with their families.



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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