



# Nutrition Education Program

## 2017 Annual Report: Taylor 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.<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 6,333 Taylor County residents lived in poverty, and 1,937 of them were children. This is a 59.5% increase in total poverty and 56.1% 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, 4,503 Taylor County residents received SNAP benefits, a 62.0% 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, 6,570 Taylor County residents were considered obese, representing 35.4% (30.7%-40.6%) 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, **4,550** Taylor County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN TAYLOR COUNTY

#### Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **79%** showed improvement in one or more food safety practices. In addition, **63%** began to plan meals in advance more often and **82%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **79%** improving their ability to choose healthy foods.

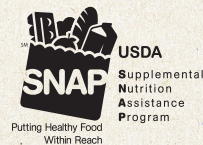
## Our Success

### Food preservation helps save money

**T**ough economic times, food insecurity, lack of nutritious foods, high rates of obesity and an interest in using local foods and home gardening have increased interest in food preservation. Many in Taylor County are also dealing with food insecurity as 5,425 people receive SNAP benefits. To address these needs, the Taylor County FCS agent partnered with Adair and Green County agents to offer a food preservation workshop on boiling water canning and pressure canning. The workshop allowed participants to make boiling water strawberry jam and pressure-canned green beans. The participants also got to learn about and use the newest food preservation equipment. Several of the eight workshop participants were new to food preservation. In an evaluation, 86% said they could identify research-based methods of home food preservation, 57% understood the difference between low-acid and high acid foods, 71% could identify correct methods of canning low-acid and high-acid foods and said their home food preservations skills had improved, 86% could identify necessary equipment for pressure canning and 71% could accurately prepare foods, jars and the canner for pressure canning and identify spoilage in home-canned goods.



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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