



Nutrition Education Program

2017 Annual Report: Todd 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 \$57,617.¹ 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 2,368 Todd County residents lived in poverty, and 985 of them were children. This is a 6.6% increase in total poverty and 14.1% 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, 1,905 Todd County residents received SNAP benefits, a 26.5% 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, 2,976 Todd County residents were considered obese, representing 33.7% (27.3%-40.2%) 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, 6,905 Todd County residents with limited resources participated in nutrition education lessons.

Our Results

IN TODD COUNTY

Lifestyle improvements

In 2017, 94% of adult participants made a positive change in food group choices and 73% showed improvement in one or more food safety practices. In addition, 61% began to plan meals in advance more often and 67% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 92% improving their ability to choose healthy foods.

Our Success

Families improve their health

The Todd County NEP paraprofessional partnered with the Todd County Children, Youth Families at Risk agent to work with a group of dads and children to work on Healthy Choices Cooking and Kitchen skills. The families learned how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. The fathers learned to let children get involved with food choices, and kitchen duties to help promote better eating habits. 100% of the families made an improvement in one or more nutrition practice. 83% of NEP graduate families thought more often about healthy food choices when deciding what to feed their families, planned meals in advance and followed recommended practices of not allowing meat and dairy foods to sit out for more than two hours. Families learned to plan meals ahead of time and use a grocery list to guide food selections. The dads also learned that working with children in the kitchen created positive family time and memories. They learned the importance of eating healthy, while preparing low fat 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



KYNEP.ca.uky.edu



Facebook.com/KYNEP