



# Nutrition Education Program

## 2017 Annual Report: Trigg 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 2,218 Trigg County residents lived in poverty, and 795 of them were children. This is a -1.5% decrease in total poverty and -1.6% decrease 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, 1,482 Trigg County residents received SNAP benefits, a 39.8% 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, 3,634 Trigg County residents were considered obese, representing 33.4% (27.9%-39.1%) 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, **3,289** Trigg County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN TRIGG COUNTY

#### Lifestyle improvements

In 2017, **95%** of adult participants made a positive change in food group choices and **76%** showed improvement in one or more food safety practices. In addition, **50%** began to plan meals in advance more often and **58%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **84%** improving their ability to choose healthy foods.

## Our Success

### Farmers market a huge success

The 2017 Cadiz/Trigg County Farmers Market was very exciting! The FCS agent and NEP assistant have teamed with the market manager and Pennyriple District Health Department to provide training and promotions as well as better access to the market. The farmers market this year moved to a new location that provides better access. A number of summer promotions also were held at the market. In late May, there was a grand opening where the FCS agent and NEP assistant handed out recipes and food safety information to 63 customers. In June, the FCS agent provided samples of two Plate it Up Kentucky Proud recipes. Two UK students surveyed market customers about how recipes affected their market choices. Also planned was a grill extravaganza in July and a back-to-school bash and a health fair in August. In addition, the farmers market expanded with a vendor agreeing to set up one afternoon a week at the Trigg County Health Department. The opening day for this location coincided with the date WIC participants received farmers market vouchers. About 20% of the WIC participants spent their vouchers at the farmers market and three or four non-WIC customers stopped to purchase fresh produce.



University of Kentucky  
Nutrition Education Program  
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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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