



Nutrition Education Program

2017 Annual Report: Warren 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 20,900 Warren County residents lived in poverty, and 5,936 of them were children. This is a 17.9% increase in total poverty and 11.1% 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, 15,507 Warren County residents received SNAP benefits, a 61.1% 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, 27,289 Warren County residents were considered obese, representing 31.6% (27.8%-35.5%) 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, 7,056 Warren County residents with limited resources participated in nutrition education lessons.

Our Results

IN WARREN COUNTY

Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **88%** showed improvement in one or more food safety practices. In addition, **73%** began to plan meals in advance more often and **84%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **88%** improving their ability to choose healthy foods.

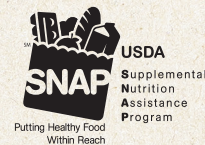
Our Success

Youth learn how to grow garden and eat healthier

Because many don't eat enough nutritious foods, children in Kentucky are at a higher risk of developing chronic diseases like high blood pressure, diabetes and high cholesterol. In an effort to improve the health and well-being of youth, Warren County Cooperative Extension's Nutrition Education Program conducted a series of six classes at the local Housing Authority summer youth program. During the program, 16 youth learned how to plant and sustain a garden during the summer months. The importance of good nutrition was reinforced through the Professor Popcorn curriculum. Each session includes a short lesson, reinforcement game and food tasting. At the end of the series, 15 youth said they had learned how to grow a garden and 11 wanted to plant a garden for their family the next summer. Because of what they learned in the garden and nutrition series, 67% percent of the youth said they would be more likely to have their family cut up fresh fruit and vegetables for snacks and 64% said they would chose healthier snacks that were low in fat and sodium. Some 44% said they had eaten more vegetables over the summer and 63% said they would ask their parents to buy low-fat milk. One youth said that he couldn't wait to grow a garden next year for his family and was excited to eat the vegetables.



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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