



Nutrition Education Program

2017 Annual Report: Wayne 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 5,252 Wayne County residents lived in poverty, and 1,609 of them were children. This is a -4.6% decrease in total poverty and -13.0% decrease 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, 5,035 Wayne County residents received SNAP benefits, a 18.8% 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, 5,830 Wayne County residents were considered obese, representing 37.1% (31.4%-43.1%) 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, **11,889** Wayne County residents with limited resources participated in nutrition education lessons.

Our Results

IN WAYNE COUNTY

Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **97%** showed improvement in one or more food safety practices. In addition, **81%** began to plan meals in advance more often and **66%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **91%** improving their ability to choose healthy foods.

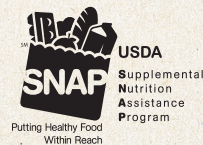
Our Success

Super Star Chef helps kids shine in the kitchen

A growing number of families that eat on the run instead of cooking at home means that many young adults don't learn basic cooking skills. In addition, most children don't eat the recommended servings of fruits and vegetables each day. To encourage more youth to get into the kitchen and improve their diets, the Wayne County FCS agent and the University of Kentucky teamed up to offer a three-day Super Star Chef day camp for 21 students ages 9 to 17. At the camp, youth spend five hours a day learning basic cooking skills such as food and equipment safety, knife safety, safe food handling, proper cutting techniques, reading a recipe, proper measuring and basic nutrition. In the process, they used skills such as math, science and reading. During the hands-on program, students learned to make a variety of dishes such as fresh salsa, muffins and hash-brown casserole. As a result of the program, several parents and participants have reported an increased interest in eating healthy and helping prepare meals at home. Many of the children went home and used their cooking skills and prepared one of the recipes.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



This material was partially 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

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