



Nutrition Education Program

2017 Annual Report: Webster 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 2,220 Webster County residents lived in poverty, and 722 of them were children. This is a 23.7% increase in total poverty and 19.5% 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, 1,850 Webster County residents received SNAP benefits, a 33.7% 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, 3,581 Webster County residents were considered obese, representing 35.6% (28.8%-42.2%) 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, 6,760 Webster County residents with limited resources participated in nutrition education lessons.

Our Results

IN KENTUCKY

Lifestyle improvements

In 2017, 98% of adult participants made a positive change in food group choices and 81% showed improvement in one or more food safety practices. In addition, 71% began to plan meals in advance more often and 73% used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with 85% improving their ability to choose healthy foods.

Our Success

Monthly taste tests expand kids’ horizons on healthy foods

According to the Centers for Disease Control and Prevention, childhood obesity has more than doubled in the past 30 years. Health effects include a higher risk of being obese as an adult and health problems such as heart disease, Type 2 diabetes and stroke. Eating healthful foods and being physically active can lower the risk of becoming obese. Schools can provide opportunities for students to learn about and practice healthy eating. The FCS extension agent and the school system’s Family Resource Center coordinator collaborated to offer monthly taste tests during lunch for kindergarten through sixth-grade students at two schools. The tastings encouraged students to try healthy foods. They used stickers to vote whether they liked the food or not. Several asked whether their votes would determine if the food would be added to the lunch room menu and the family resource coordinator and FCS agent are working on this. Almost 600 students sampled the food and more than 90% liked the samples. Students want to know when the next tasting will be held, what they’ll get to try and they also make sure their teachers and friends try the foods. Tastings give students the chance to try something new and share what they learned with their families, who will hopefully incorporate new foods into their meals.



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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