



Nutrition Education Program

2017 Annual Report: Wolfe 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 2,558 Wolfe County residents lived in poverty, and 831 of them were children. This is a 1.3% increase in total poverty and -12.3% 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, 2,662 Wolfe County residents received SNAP benefits, a 8.0% 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, 1,746 Wolfe County residents were considered obese, representing 32.3% (26.8%-38.3%) 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, **12,530** Wolfe County residents with limited resources participated in nutrition education lessons.

Our Results

IN WOLFE COUNTY

Lifestyle improvements

In 2017, **100%** of adult participants made a positive change in food group choices and **89%** showed improvement in one or more food safety practices. In addition, **96%** began to plan meals in advance more often and **92%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **96%** improving their ability to choose healthy foods.

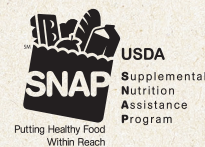
Our Success

Community building activity also leads to more exercise

#RockinInWC has taken the Wolfe County community by storm. When the SNAP-Ed assistant suggested a simple program designed to get families together and physically active, it was agreed to hold a rock painting party where rocks were transformed into art. A sticker on the back of each had directions for uploading pictures to the Rockin' in WC! Facebook page. Rocks were hidden around the community and as they were found, photos were uploaded along with their locations. The rocks were then hidden again. To date, 703 people have joined the Facebook group and all of our social media sites are getting more traffic. More people are walking to local businesses, offices and parks. Our oldest participant is 95 and left the nursing home with her granddaughter to go hunt. Our youngest participant is two and searched with her siblings and parents. Among the comments, “I love seeing the creativity of the rocks and the involvement of everyone!” “The kids have been collecting rocks to paint for tomorrow,” “There is nothing like hearing the squeals and seeing the smiles of all the little ones as they find a rock!” and “This has gotten us off the couch! We otherwise would be sitting at home watching TV.” Families are spending more time together, exercising and painting rocks to hide.



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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