



# Nutrition Education Program

## 2017 Annual Report: Woodford 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.<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 2,812 Woodford County residents lived in poverty, and 926 of them were children. This is a 10.6% increase in total poverty and 22.6% increase 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, 2,601 Woodford County residents received SNAP benefits, a 82.5% 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, 5,558 Woodford County residents were considered obese, representing 29.5% (23.7%-35.7%) 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, **2,823** Woodford 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.

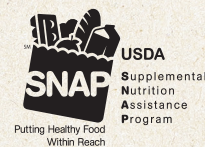
## Our Success

### Grow, Cook, Eat

According to the Foundation for a Healthy Kentucky, only 13% of Woodford Countians eat the recommended amount of fruits and vegetables each day. Because of the growing interest in local foods, gardening and home food preservation, the Woodford County FCS and horticulture agents developed and offered a series called Grow, Cook, Eat. Each of nine sessions highlighted a different type of produce. Topics included seed starting and basic cooking; potatoes, onions and peas; asparagus; blueberries and brambles; tomatoes; herbs and oils; cole crops; sprouts and microgreens; and garlic. During the first half of each 90-minute session, the horticulture agent discussed planting, pruning, bugs and insect management and soil maintenance. During the second half, the FCS agent supplied information about harvesting, preparation, healthy cooking methods and food preservation techniques. The program gave participants the knowledge to grow their own food and educated them about the health benefits of eating fruits and vegetables. Food safety such as how to safely wash fresh produce and ways to prevent cross-contamination while cooking was discussed. According to an evaluation, 97% of participants said they had a better understanding of healthier ways to prepare foods at home, and 98% said they plan to implement practices themselves because of the program.



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](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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