



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 their 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 where they live.

Our Challenge

Poverty

According to US Census estimates for 2016, the median household income in Kentucky is **\$46,610**, almost 20% lower than the U.S. median household income of **\$57,617**.¹ Kentucky also has higher percentages of poverty and food insecurity among its population compared to census estimate for the United States overall.

	Kentucky	U.S.
Total Poverty	17.2%	12.3%
Child Poverty	24.4%	19.5%
Food Insecurity	14.7%	11.8%

In 2016, an estimated **4,633** Adair County residents lived in poverty, and **1,381** of those were children under 18. This represents a **16.6%** increase in total poverty and **9%** increase in child poverty since 2008.¹

Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet.² These include high blood pressure, cardiovascular disease, type 2 diabetes and stroke which are often associated with obesity.



In 2017, the percentage of obese adults in Kentucky was **34.3%**, ranking it in the top 10 states for highest obesity rates in the country. Kentucky was also ranked in the top 10 for high percentages of adults with diabetes (**12.9%**) and adults with hypertension (**39.4%**).³ 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.²

In 2014, **36.8%** of Adair County's adult population were considered obese.⁴

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 2018, 2,654 Adair County residents with limited resources participated in nutrition education lessons.

Our Results

IN KENTUCKY

Lifestyle improvements

In 2018, 95% of adult participants made a positive change in food group choices and 91% showed improvement in one or more food safety practices. In addition, 90% showed improvement in one or more food resource management practices and 83% made changes to be more physically active. Youth participants also experienced behavior changes, with 83% improving their ability to choose healthy foods.

Our Success

LEAP(ing) for health

According to the Kids Count Data Center, the obesity rate for Adair County is 14.9%. Research has shown there is a natural link between nutrition, physical activity, and reading. Reading books that focus on preparing and eating healthy foods and being physically active may motivate children to adopt positive food and physical activity behaviors that last a lifetime. The Adair County Cooperative Extension Service collaborated with Adair County Head Start to offer the Literacy, Eating, and Activity for Primary Youth Health curriculum (LEAP) to approximately 40 preschoolers during the 2017-2018 school year. The Extension Agent for Family and Consumer Sciences visited Head Start during the school year to read stories which introduced nutritious foods, concepts of staying healthy, and being physically active and gardening. During the lessons, the students would engage in physical activities and food tasting that focused on fruits and vegetables. Teachers reported that as a result of the LEAP for Health program, 100% of the student's recognized physical activity; 100% recognized when to wash their hands; 80% of the students tried a new fruit and 65% of the students tried a new vegetable.



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SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates
2. 2015-2020 Dietary Guidelines for Americans
3. The State of Obesity Report 2018
4. 2018 County Health Rankings & Roadmap

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