



## 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**.<sup>1</sup> 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.
<b>Total Poverty</b>	17.2%	12.3%
<b>Child Poverty</b>	24.4%	19.5%
<b>Food Insecurity</b>	14.7%	11.8%

In 2016, an estimated **3,034** Bath County residents lived in poverty, and **1,051** of those were children under 18. This represents a **1.9%** decrease in total poverty and **0.6%** decrease in child poverty since 2008.<sup>1</sup>

### Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet.<sup>2</sup> 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%**).<sup>3</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>2</sup>

In 2014, **36.6%** of Bath County's adult population were considered obese.<sup>4</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 2018, 6,339 Bath 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

### Increasing fruit and veggie consumption with local produce

According to the Kentucky Kids Project report from 2016, 24.2% of youth in Bath County lived in food insecure homes, with many children not consuming the daily recommended amount of fruit and vegetables. The Family and Consumer Sciences agent inquired about hosting a Power of Produce (POP) Club at the Bath County Farmers Market. This program focused on inviting children to the farmers market to participate in a taste kitchen, nutrition education lessons, physical activities, and a literacy program. Each week, a Bath County Extension agent led a fruits or vegetable lesson from the National Farmers Market Coalition curriculum. The participants learned about nutrition education with Bath County's SNAP-Ed Assistant through various activities that focused on healthy eating. Participants were able to earn up to six dollars each session that could be spent at the farmers market. Throughout the four sessions, there was an average of twenty participants per session and participants redeemed over half the vouchers earned. Parents and participants were excited to visit the farmers market each week. Many stated their children loved to cook with the fruits and vegetables bought at the farmers market. Many participants also stated this was the first time they frequented the farmers market on a consistent basis. Bath County Extension, along with the community partners, look forward to continuing this program for the future.



University of Kentucky  
Nutrition Education Program  
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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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



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Cooperative Extension Service

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