



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 **9,662** Boone County residents lived in poverty, and **3,483** of those were children under 18. This represents a **38.6%** increase in total poverty and **40%** 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, **32.8%** of Boone 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, **24,838** Boone County residents with limited resources participated in nutrition education lessons.

Our Results

IN BOONE COUNTY

Lifestyle improvements

In 2018, **93%** of adult participants made a positive change in food group choices and **86%** showed improvement in one or more food safety practices. In addition, **84%** showed improvement in one or more food resource management practices and **80%** made changes to be more physically active. Youth participants also experienced behavior changes, with **84%** improving their ability to choose healthy foods.

Our Success

Learning healthy habits at an early age

According to the Alliance for a Healthier Generation, more than one in three children in Kentucky are overweight or obese. This can be attributed to bad eating habits, poor nutrition, and low or no physical activity — a trifecta that puts the community's children at risk for serious health issues. With this in mind, the Boone County Cooperative Extension Service, in cooperation with the Boone County schools, partnered with several schools to offer nutrition education to preschool, first-grade and fourth-grade students. Approximately 275 students were presented with information on MyPlate, food safety, germs and handwashing, and physical activity. The goal was for students to try new foods, be able to recognize which foods belonged in which food groups, state and explain the four fight-back rules to food safety, increase physical activity and become aware of the importance of handwashing. In the preschool classes, 64% stated they tried a new food and, out of that 64%, over half were willing to eat it again. At the beginning of the program, at least 36% of the students claimed they did not wash their hands after using the restroom; at the end, 16% stated they did not wash their hands after using the restroom. In addition, more than half of the students were able to identify which foods belonged in the correct food group and 53% were able to name three of the four fight-back rules to food safety.



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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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