



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 **3,466** Bourbon County residents lived in poverty, and **1,214** of those were children under 18. This represents a **23.9%** increase in total poverty and **27.8%** 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, **35.4%** of Bourbon 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, 12,284 Bourbon County residents with limited resources participated in nutrition education lessons.

Our Results

IN BOURBON COUNTY

Lifestyle improvements

In 2018, 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, 97% showed improvement in one or more food resource management practices and 87% made changes to be more physically active. Youth participants also experienced behavior changes, with 99% improving their ability to choose healthy foods.

Our Success

Recipes for Life inspires youth to make healthy choices

The Bourbon County Family and Consumer Science agent, in collaboration with the Supplemental Nutrition Assistance Program education assistant and Bourbon County Extension Homemakers, provided the Recipe for Life program to every fifth-grade student in the county. A total of 289 fifth-graders participated in the preparation of 10 recipes while learning the importance of kitchen safety and sanitation, reading and following a recipe, proper measuring of both wet and dry ingredients, and the math skills involved in altering recipes. Each of the students had to use time management skills for preparing the recipes and demonstrate proper table setting and etiquette while tasting their products. Forty-three adult volunteers and 33 high school students were recruited to work with the students in teaching the important life skills and assisting them with hands-on learning. This was the eighth year of offering Recipe for Life and parents have referred to it as a "rite of passage" for siblings. Of the 289 students, 280 completed both a pre-test and post-test to evaluate the learning outcomes. At the completion of the program: 89% of students strongly agreed that they planned to try new foods; 96.8% strongly agreed that they planned to eat more fruits; and 79% agreed that they planned to eat more vegetables. One parent said, "Thank you! My son asked to fix dinner all by himself after attending Recipe for Life. It was wonderful. He used the recipes in his book and even cleaned up afterwards! I like this."



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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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