



## 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 **8,356** Boyd County residents lived in poverty, and **2,613** of those were children under 18. This represents a **0.5%** decrease in total poverty and **7.4%** increase 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, **39.5%** of Boyd 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, **13,029** Boyd County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN BOYD COUNTY

#### Lifestyle improvements

In 2018, **98%** of adult participants made a positive change in food group choices and **90%** showed improvement in one or more food safety practices. In addition, **96%** showed improvement in one or more food resource management practices and **71%** made changes to be more physically active. Youth participants also experienced behavior changes, with **88%** improving their ability to choose healthy foods.

## Our Success

### Budgeting classes help family financial management

Kentucky consistently lags behind other areas of the United States in key household economic indicators, including: personal income, population living below the poverty line, unemployment and revolving debt. It is important to acknowledge the impact of current economic conditions on family financial management. With that in mind, the Boyd County Extension Family and Consumer Sciences program partnered with the NEP assistant to offer Real Skills for Everyday Life, to help participants take a look at how they spend money on kitchen gadgets that might not be the best use of their funds. In addition, they taught budgeting, goal setting and ways to reduce expenses. One hundred percent of participants reported improved knowledge of their own expenses; increased knowledge of ways to cut spending; and improvement in saving for emergencies. All participants practiced creating a budget and setting goals for their expenditures for the following three months. 100% said they would use what they learned and made a commitment to further review their spending plans and take action. Many participants stated that after the class they felt more in control of their resources and were more comfortable managing finances.



University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension

#### 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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University of Kentucky  
College of Agriculture,  
Food and Environment  
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