



## 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 **4,562** Boyle County residents lived in poverty, and **1,369** of those were children under 18. This represents a **9.6%** increase in total poverty and **11.8%** 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, **32.2%** of Boyle 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, 9,937 Boyle County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN BOYLE COUNTY

#### Lifestyle improvements

In 2018, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **80%** showed improvement in one or more food resource management practices and **100%** made changes to be more physically active. Youth participants also experienced behavior changes, with **00%** improving their ability to choose healthy foods.

## Our Success

### Teens v. Food: helping youth learn healthier eating choices

The National Survey of Children's Health in 2011 indicated almost 20% of Kentucky's 10- to 17-year-olds are obese (weighing in the 95th percentile or higher), with another 16% in the overweight range. As reported in the Institute for Environmental Decisions and elsewhere, individuals with cooking skills make healthier eating choices overall. With that in mind, Boyle County 4-H staff and volunteers used the Super Star Chef curriculum and provided the instruction, materials and facility to host a year-long cooking project group for teens called Teens v. Food. In monthly meetings, 22 youth prepared full meals for the group that included breakfast foods, salads and pasta. The teens practiced reading recipes, modifying recipes, using kitchen tools, and using different cooking styles and presentations. They chose what they wanted for each meal, prepared the food from beginning to end, and ate and cleaned up as a group. As a result of participation in Teens v. Food, 100% of the teens said they had used some of the skills at home to prepare foods or meals for their families; 100% said they had prepared at least one of the dishes from the project for themselves or their families; 100% stated that their kitchen skills and confidence in their ability to cook had increased; and 100% reported they were in the kitchen more and including more fruits and vegetables in their diets.



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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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