



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 **3,386** Breckinridge County residents lived in poverty, and **1,174** of those were children under 18. This represents a **4.9%** decrease in total poverty and **0.2%** decrease 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, **33.4%** of Breckinridge 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, 6,555 Breckinridge County residents with limited resources participated in nutrition education lessons.

Our Results

IN BRECKINRIDGE COUNTY

Lifestyle improvements

In 2018, 100% of adult participants made a positive change in food group choices and 75% showed improvement in one or more food safety practices. In addition, 75% showed improvement in one or more food resource management practices and 50% made changes to be more physically active. Youth participants also experienced behavior changes, with 76% improving their ability to choose healthy foods.

Our Success

Super Star Chef camp helps kids shine in the kitchen

Super Star Chef is a program designed to teach or enrich cooking skills and enhance food and kitchen safety skills. It also increases understanding of food labels and helps participants discover foods that are healthy and nourishing to the body. The Breckinridge County Cooperative Extension Service offered the class to community youth ages 9 to 18 and involved the youth in hands-on activities that increased their nutritional knowledge as well as their confidence in the kitchen. Overall, pre-post comparisons of participant responses show that the program enhanced participant understanding of the nutrition concepts covered in the program. About 94% of the respondents agreed/strongly agreed that they learned how to wash their hands to remove germs; learned the correct way to hold a knife for cutting; learned how to measure ingredients; and learned about how germs can be transferred to food. About 88% learned about the amount of fruits and vegetables they should have on their plates; and learned about how to read nutrition labels. Also, 82% of the participants plan to eat more fruits and vegetables after participating in the 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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