



## 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 **8,144** Bullitt County residents lived in poverty, and **2,516** of those were children under 18. This represents a **16.5%** increase in total poverty and **7.6%** 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, **35.7%** of Bullitt 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, **6,285** Bullitt County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN BULLITT COUNTY

#### Lifestyle improvements

In 2018, **98%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **88%** showed improvement in one or more food resource management practices and **70%** made changes to be more physically active. Youth participants also experienced behavior changes, with **81%** improving their ability to choose healthy foods.

## Our Success

### Learning about nutrition labels results in healthier food choices

The Bullitt County Extension Service and Centerstone, a local organization, partnered to bring healthy eating lessons to the Family Living Group — adults who are trying to live on their own despite mental challenges. In the weekly classes from the Healthy Choices for Every Body curriculum, lessons ranged from portion sizes to reading labels. One of the participants remarked that after the lesson on reading labels she found herself reading more labels when shopping. She also remarked that she has also stopped buying the foods that have higher sodium content, which in turn, has helped reduce her high blood pressure and weight issues. Among participants who indicated they are watching their weight, 81% now read the nutritional panel on product labels. Even 72% of the participants who aren't necessarily diet-minded now read the Nutrition Facts label. This lesson was helpful in shaping the way participants approach shopping and healthy eating.



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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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