



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 **2,234** Butler County residents lived in poverty, and **760** of those were children under 18. This represents a **10.6%** decrease in total poverty and **1.6%** 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, **32.2%** of Butler 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, 3,588 Butler County residents with limited resources participated in nutrition education lessons.

Our Results

IN BUTLER COUNTY

Lifestyle improvements

In 2018, 93% of adult participants made a positive change in food group choices and 91% showed improvement in one or more food safety practices. In addition, 87% showed improvement in one or more food resource management practices and 90% made changes to be more physically active. Youth participants also experienced behavior changes, with 80% improving their ability to choose healthy foods.

Our Success

Helping kids get a jump start on healthy habits

According to Kentucky Youth Advocates Kentucky Kids Count Data Book, 25.8% of Butler County children live in households which are considered food insecure. Additionally, 16% are living in deep poverty, 31.3% in poverty, and 72% of Butler County children live in low-income families. These statistics, along with The Centers for Disease 2018 State Initiative Report on Fruits and Vegetables, indicate individuals at or below poverty levels in America are not meeting their dietary recommended percentage of fruits and vegetables. The report states a mere 2% of American high school students meet their daily vegetable requirements for proper nutrition.

To combat this crisis, the Butler County Nutrition Education

Program Assistant partnered with several organizations in the county to conduct an intensive nutrition camp focusing on children. Seventeen children, preschool through fifth grade, were taught lessons from the LEAP curriculum. With help from local volunteers and parents, the NEP Assistant was able to educate the children about various vegetables and encouraged children to try new types of vegetables with a positive mindset. Although some of the children were too young for evaluations, they consumed vegetables and made colorful bead bracelets reflecting which fruits and vegetables they enjoyed. This served as a visual evaluation of the program. The participants were eager to share their creations and knowledge gained with



the other children and parents. One group with fourth and fifth graders reported that after the lessons, 71% ate vegetables more often.

The Butler County NEP Assistant, The Butler County Cooperative Extension Service, The Butler County 4H agent, The Butler County Family and Consumer Science agent, Morgantown Care and Rehabilitation Camp Care, and the Butler County Arts Guild all worked together to create positive change in the lives of these children.

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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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