



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 **2,523** Caldwell County residents lived in poverty, and **917** of those were children under 18. This represents a **18.8%** increase in total poverty and **46.7%** increase 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, **37.7%** of Caldwell 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, 5,199 Caldwell County residents with limited resources participated in nutrition education lessons.

Our Results

IN CALDWELL COUNTY

Lifestyle improvements

In 2018, 100% of adult participants made a positive change in food group choices and 97% showed improvement in one or more food safety practices. In addition, 97% showed improvement in one or more food resource management practices and 92% made changes to be more physically active. Youth participants also experienced behavior changes, with 89% improving their ability to choose healthy foods.

Our Success

Inspiring healthy dietary changes

The Caldwell County EFNEP paraprofessional taught 38 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 97.4% of EFNEP families made a positive change in any food group. 64% of EFNEP graduated families reported eating more vegetables more often each day, eating more fruit and vegetables, drinking sugary drinks less often, and cooking dinner at home more times a week. Physical activity was also emphasized as part of a healthy lifestyle and 74.3% of the families increased the frequency of moderate physical activity for 30 minutes or more each week, strengthened muscles, and made small changes to be active more often. Also, 61% of families now cook dinner at home more times a week, compare food prices more often, plan meals before shopping, check cupboard before shopping, and make a grocery list before shopping more often.



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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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