



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 **11,120** Campbell County residents lived in poverty, and **3,212** of those were children under 18. This represents a **14.1%** increase in total poverty and **1.4%** 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, **30.7%** of Campbell 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, **16,438** Campbell County residents with limited resources participated in nutrition education lessons.

Our Results

IN CAMPBELL COUNTY

Lifestyle improvements

In 2018, **97%** of adult participants made a positive change in food group choices and **88%** showed improvement in one or more food safety practices. In addition, **95%** showed improvement in one or more food resource management practices and **85%** made changes to be more physically active. Youth participants also experienced behavior changes, with **77%** improving their ability to choose healthy foods.

Our Success

Teen Cuisine helps youth learn important kitchen skills

Twenty-two Campbell County after-school program students, with the help of the Nutrition Education Program Assistant of the Campbell County Cooperative Extension, learned new cooking skills and improved their healthy choices after completing the Teen Cuisine program. According to the CDC, 18% of youth in Kentucky have obesity, which later leads to an increased risk of heart disease, type 2 diabetes and other chronic diseases.

The Teen Cuisine nutrition series included twelve sessions where students were able to have hands-on experience with cooking a variety of dishes including homemade pancakes, hummus, colorful quesadillas, salsa, and more. All recipes were healthier versions of common foods and accompanied a nutrition lesson. Students were empowered by chopping their own vegetables, measuring and mixing their own batters, cooking in skillets, etc. This experience always resulted in a mess to clean up (in which the students were also responsible); but even more so it resulted in valuable lessons learned.

At the end of the 12 session series, according to beginning and exit data comparison:

- 95% of the students improved their diet quality
- 73% improved food safety practices
- Half of the students drank sweetened drinks less frequently



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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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