



## 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 **2,152** Carroll County residents lived in poverty, and **855** of those were children under 18. This represents a **42%** increase in total poverty and **50.5%** 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, **34.8%** of Carroll 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, 3,034 Carroll County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN CARROLL COUNTY

#### Lifestyle improvements

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

## Our Success

### Helping overcome food insecurity with food preservation classes

In 2015, the food insecurity rate in Carroll County was 16.8% or approximately 1,820 people. Being a rural county, many families have the opportunity to raise gardens or shop at the local farmers market. Growing fruits and vegetables can help individuals eat healthier and keep food costs down. Home canning is a way to preserve harvests as well as being an important part of food resource management as it is a reliable method of preserving your own food for long-term storage and gives you access to food all year round. In conjunction with the University of Kentucky, two Extension agents came to the Carroll County Extension office to teach a three-day Food Preservation Workshop. Thirteen participants were reached through

the program. During the workshop, participants learned the importance of the quality of food you choose to preserve, the need for safe food handling and how to prevent food spoilage. Through hands on participation, each participant was able to process green beans, make salsa, freeze corn, dry apples and make freezer jam. The Rivers View Farmers Market donated some of the supplies. Participants learned the difference between low acid and high acid foods and the proper canning techniques for each. After completing this program, all of the participants were able to demonstrate recommended food preservation practices and said they have a better understanding of skills in home food preservation methods. Upon



completing the program participants reported canning 241 pints of fruits and vegetables using the water bath canning process, 319 pints of fruits and vegetables using a pressure canner, freezing 186 pints of fruits and vegetables, and drying 16 pints of fruit.

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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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