



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 **7,945** Clay County residents lived in poverty, and **2,211** of those were children under 18. This represents a **4.6%** decrease in total poverty and **10.2%** 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, **40.1%** of Clay 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, **6,834** Clay County residents with limited resources participated in nutrition education lessons.

Our Results

IN CLAY COUNTY

Lifestyle improvements

In 2018, **98%** of adult participants made a positive change in food group choices and **89%** showed improvement in one or more food safety practices. In addition, **88%** showed improvement in one or more food resource management practices and **82%** 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 food safety

The CDC (Centers for Disease Control and Prevention) estimates that one in six Americans get sick from contaminated foods or beverages each year and 3,000 die as a result. The Clay County Cooperative Extension Service Supplemental Nutrition Assistance Program Education assistant for SNAP-eligible individuals partnered with Manchester Heights to provide the Healthy Choices for Every Body program to their senior citizen residents. The Healthy Choices curriculum teaches participants to make healthier food choices and how to keep their food safe. The group of senior citizens made a 25% positive change in washing their hands before preparing food, and a 25% positive change in cleaning item/surfaces after coming in contact with raw meat or seafood. Also, 75% improved on thawing out frozen food practices. One participant stated "that's the way mom done it and that is the way I have always done it, I didn't know the proper way but now I do" in reference to thawing frozen foods by laying them on the counter in the kitchen.



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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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