



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 **15,895** Daviess County residents lived in poverty, and **4,695** of those were children under 18. This represents a **26.6%** increase in total poverty and **16.5%** 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, **30.9%** of Daviess 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, **14,949** Daviess County residents with limited resources participated in nutrition education lessons.

Our Results

IN DAVIESS COUNTY

Lifestyle improvements

In 2018, **98%** of adult participants made a positive change in food group choices and **95%** showed improvement in one or more food safety practices. In addition, **88%** showed improvement in one or more food resource management practices and **93%** made changes to be more physically active. Youth participants also experienced behavior changes, with **78%** improving their ability to choose healthy foods.

Our Success

Recovery residents learn about gardening

The Daviess County Supplemental Nutrition Assistance Program education assistant worked with the residents of Owensboro Regional Recovery, a local in-house substance abuse facility for men, to educate them through the Healthy Choices for Every Body curriculum. When ORR reached out to the Nutrition Education Program, the area NEP agent and the SNAP-Ed assistant, came together to help them build a raised-bed garden called A Garden of Hope. The men in the program built four raised beds, filled them with soil and planted the plants. The participants said they were proud of what they had done and that working in the garden was very therapeutic. A majority of the residents got a chance to work in the garden through the phase system that the facility uses. As their produce came in, the SNAP-Ed assistant used this as an opportunity to work fresh produce into the programmatic efforts. Cucumbers, peppers, zucchini and tomatoes were all grown and picked, which were used to make Easy Summer Salad from the curriculum. Zucchini Boats were also on the menu. Because ORR houses more than 100 men, they planned to use their tomatoes and peppers to prepare and can salsa.



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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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