



## 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 **2,668** Edmonson County residents lived in poverty, and **691** of those were children under 18. This represents a 7.5% increase in total poverty and 6.6% decrease 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, **31%** of Edmonson 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, **8,758** Edmonson County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN EDMONSON COUNTY

#### Lifestyle improvements

In 2018, **97%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **92%** showed improvement in one or more food resource management practices and **97%** made changes to be more physically active. Youth participants also experienced behavior changes, with **74%** improving their ability to choose healthy foods.

## Our Success

### Families learn important food preserving skills

Each year during the gardening season, Edmonson County residents reach out to the Edmonson County Cooperative Extension Service with questions about food preservation. Families often wish to save money by preserving fresh produce. According to the Kentucky Cabinet for Health and Family Services Data Book, 21.2% of Edmonson County families live below poverty and there were 2,191 SNAP recipients whose average benefits were \$240.95 per month.

Since 2015, the FCS Agent has scheduled multiple food preservation classes for adults and youth. In addition, the FCS agent has distributed handouts at local events, used social media to share food preservation information, and advertised pressure

canner testing in the local newspaper and social media. According to the Supplemental Nutrition Assistance Program (SNAP) Garden survey collected from 15 families:

- Seven families/caregivers reporting supplementing their diets with healthy foods that they preserved
- 137 pints of fruits, vegetables or fruit/vegetable products (pickles, jams, jellies, sauces)
- 582 pints of vegetables, soups, meats, or other value-added products were canned through pressure canning
- 670 pints of fruits or vegetables were frozen
- 62 pints of fruits or vegetables were dried



In addition, three families completed homebased processor applications. One family reported an additional income of \$300 through the sale of homebased processor products.

University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension

#### 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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

