



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 **1,998** Elliott County residents lived in poverty, and **500** of those were children under 18. This represents a **6.8%** decrease in total poverty and **18.8%** 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, **33.8%** of Elliott 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, **13,106** Elliott County residents with limited resources participated in nutrition education lessons.

Our Results

IN ELLIOTT 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 **82%** improving their ability to choose healthy foods.

Our Success

Small changes can make a big difference

Elliott County has a 40% obesity rate according to the Centers for Disease Control and Prevention (CDC). As a grant project aimed at fighting obesity, the Elliott County Cooperative Extension Family and Consumer Science agent and the Expanded Foods and Nutrition Education Program (EFNEP) assistant senior collaborated with volunteers to develop a program that would combine physical activity and healthy eating habits.

The program, "Forever Fit- Good Habits for a Lifetime," has participants accumulating points by being physically active and preparing Plate it Up Kentucky Proud recipes. A Facebook page was created and each participant posted the physical activities they were doing and pictures of the recipes they had prepared. The program lasted for 12 weeks with an in-person meeting every two weeks at which time the EFNEP assistant presented a program from the Healthy Choices for Every Body curriculum. The participants would record their accumulated points at this time to be eligible for a prize.

Seven participants completed the program, a total of 65 pounds was lost and 100% reported exercising more because of the program. Forty-three Plate it Up recipes were prepared, 100% said they will continue using the recipes, and 71% said they used newly installed outdoor gyms made possible by Centers for Disease Control and Prevention and the University of Kentucky grant to battle obesity in Elliott County.



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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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