



## 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 **3,852** Estill County residents lived in poverty, and **1,190** of those were children under 18. This represents a **8.1%** increase in total poverty and **4.3%** 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, **37.9%** of Estill 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, 10,572 Estill County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN ESTILL 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 90% made changes to be more physically active. Youth participants also experienced behavior changes, with 88% improving their ability to choose healthy foods.

## Our Success

### Families make positive changes in their nutrition habits

Healthier choices for a healthier you was an eight week program designed to teach individuals ways to choose healthier options for their daily lifestyles and to also save money on their grocery bill. The curriculum included lesson plans from the Healthy Choices for Every Body program that featured easy, healthy recipes that participants could implement in their daily lives, and reinforcements for them to use at home. The program consisted of six participants who were searching for healthier options to feed their families. The first initial food recall indicated that the participants were consuming mostly quick meals that were high in sugar, saturated fats, and excess salt. The lessons focused on limiting solid fats and added sugars and excess salt, and also focused on reading the nutrition facts labels to limit the zero nutrient foods in their diets. The program looked at budgeting and other money saving tips to help the participants lower their grocery bill and use their SNAP benefits to purchase healthier options. After eight weeks, a second food recall was given, the results showed that all of the participants had made a significant change in their diets and decreased the amount of zero nutrient foods in their diets. Two of the participants expressed that they had been using the recipes given to them during the program to feed their families, and that their grocery bill had also decreased. Several participants also expressed that they were feeling better physically and that they had more energy since changing their eating habits.



University of Kentucky  
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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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