



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 **3,066** Fleming County residents lived in poverty, and **1,180** of those were children under 18. This represents a **13.4%** increase in total poverty and **22.5%** 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, **33.6%** of Fleming 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, **18,999** Fleming County residents with limited resources participated in nutrition education lessons.

Our Results

IN FLEMING COUNTY

Lifestyle improvements

In 2018, **96%** of adult participants made a positive change in food group choices and **95%** showed improvement in one or more food safety practices. In addition, **96%** showed improvement in one or more food resource management practices and **51%** made changes to be more physically active. Youth participants also experienced behavior changes, with **66%** improving their ability to choose healthy foods.

Our Success

Learning healthier ways for a healthier life

Comprehend is a mental health and substance abuse outpatient service for men and women who, by court appointment, meet twice a week with counselors. The Fleming County Cooperative Extension Service and the Expanded Food and Nutrition Education Program assistant were invited to come in once a week to help them with their nutritional needs. The Healthy Choices for Every Body curriculum was used with this group, which changes every three months upon graduation. One of the participants in the group lived alone and had difficulty controlling portion sizes. The EFNEP assistant worked with Comprehend and took the challenge to help this person make better choices. During weekly visits, the assistant worked on portion control, serving sizes and label reading. At the end of the third month, the participants was still in the program and had lost 100 pounds. It was also reported that the attending physician indicated that the participants was on the right track with the new eating and physical activity habits.



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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

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



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