



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 **11,137** Floyd County residents lived in poverty, and **3,042** of those were children under 18. This represents a **3.6%** decrease in total poverty and **14.5%** 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, **38.1%** of Floyd 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, 3,249 Floyd County residents with limited resources participated in nutrition education lessons.

Our Results

IN FLOYD COUNTY

Lifestyle improvements

In 2018, 93% of adult participants made a positive change in food group choices and 88% showed improvement in one or more food safety practices. In addition, 90% showed improvement in one or more food resource management practices and 85% made changes to be more physically active. Youth participants also experienced behavior changes, with 91% improving their ability to choose healthy foods.

Our Success

Small changes can make a big difference

Based on the information gathered from the entry food recall given to clients at the beginning of the Nutrition Education Program classes, offered by the Floyd County Cooperative Extension, only 27% met the recommended daily amount of fruit consumption each day.

After teaching several classes on MyPlate guidelines and the importance of eating from all five food groups, the Floyd County Cooperative Extension Service EFNEP (Expanded Food Nutrition Education Program) and Hope in the Mountains, a local rehabilitation center for women, decided to concentrate on the importance of fruit and daily consumption from the Healthy Choices for Every Body curriculum.

After hearing comments such as, "Fruits are too expensive, and "what do I serve fruits with?" Lessons were taught on the importance of fruit and how to add fruit to the daily diet. Recipes were given to clients and food demonstrations showed how different fruits could be used in a variety of ways. Meal plans were made incorporating fruit into their daily menus, and lessons on how to purchase fruit that meets their budget were also taught to help address food insecurity.

Final recalls were given at the end of the program. Results show that now 77% of the clients were adding more fruit to their diets. This was a 90% overall improvement in fruit consumption, helping the participants making small changes in their diet that will help improve their overall health.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



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

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.



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.

