



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 **3,787** Grant County residents lived in poverty, and **1,442** of those were children under 18. This represents a **5.2%** increase in total poverty and **2%** 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, **35.6%** of Grant 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, **8,920** Grant County residents with limited resources participated in nutrition education lessons.

Our Results

IN GRANT COUNTY

Lifestyle improvements

In 2018, **95%** of adult participants made a positive change in food group choices and **88%** showed improvement in one or more food safety practices. In addition, **83%** showed improvement in one or more food resource management practices and **83%** made changes to be more physically active. Youth participants also experienced behavior changes, with **83%** improving their ability to choose healthy foods.

Our Success

Learning to stretch the food budget by gardening and preserving

Grant County averaged 2,408 families receiving Supplemental Nutrition Assistance Program benefits of \$304 per month. The Grant County SNAP-Ed assistant, partnering with Grant County Family and Consumer Sciences, Grant County Community Action Agency Plant Giveaway, Grant County Public Library Seed Library and Grant County Cooperative Extension Service Master Food Volunteers, collaborated to empower these families to stretch their food dollars with healthy food options. The limited-resource adults attended the Nutrition Education Program's Healthy Choices for Every Body series this year. Several of the adults benefited by utilizing local resources to extend their food budget by growing a garden. Twelve enrolled families grew some type of a garden and took advantage of the local plant giveaway; two clients went to the library to get free seeds from their Seed Library. Participants acquired knowledge on proper food safety when preserving food. Participants were very proud of their food preservation skills and spent time as families preserving food. Two adults had food preservation entries in the Grant County Fair. Over 70 bushels of fruits and vegetables were harvested and 56 pounds stored. Also, 85 pints, 64 half-pints and 94 quarts of fruits and vegetables were canned. One participant stated, "I learned a lot. I now know to use canning salt instead of iodized. I've learned about consequences of not following canning recipes."



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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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