



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 **5,585** Grayson County residents lived in poverty, and **1,943** of those were children under 18. This represents a **16.5%** increase in total poverty and **22.1%** 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, **37.2%** of Grayson 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, **10,341** Grayson County residents with limited resources participated in nutrition education lessons.

Our Results

IN GRAYSON COUNTY

Lifestyle improvements

In 2018, **100%** of adult participants made a positive change in food group choices and **97%** showed improvement in one or more food safety practices. In addition, **100%** showed improvement in one or more food resource management practices and **97%** made changes to be more physically active. Youth participants also experienced behavior changes, with **96%** improving their ability to choose healthy foods.

Our Success

Cooking program convinces families healthy can taste good too!

Cooking and figuring out what to cook, can be challenging to individuals who are just learning. Recently, the Nutrition Education Program Assistant from the Grayson County Extension Office began a program using the 2018 Food and Nutrition Calendar issued by the University of Kentucky for Cooperative Extension Services. The NEP Assistant began each lesson teaching from the Healthy Choices for Every Body curriculum and then would prepare the recipe that's featured in the calendar for the current month with all participants sampling the recipe.

This program will continue for a full twelve months; however, 13 participants have attended a total of seven classes and completed all required lessons to graduate from the program. All thirteen clients made significant progress towards improving their overall eating habits; with a total of 92.3% improvement. The clients also enhanced their activity level, resulting in 50% increase overall; with 85% reporting they strengthen their muscles more days a week than before. Furthermore, 100% of participants reported eating more vegetables on a daily basis, and 54% reported drinking soda less often. As a whole, the participants of the Cooking through the Calendar series have substantially improved their eating habits and have attained an overall healthier lifestyle. Quotes from participants include: "I love your classes, I always learn so much." "I wish I had eaten healthier years ago, when I was younger." And, "These classes have become so important to my lifestyle, I don't want to miss any of them."



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.



KYNEP.ca.uky.edu



[Facebook.com/KYNEP](https://www.facebook.com/KYNEP)



[YouTube.com/UKKYNEP](https://www.youtube.com/UKKYNEP)