



## 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 **6,131** Greenup County residents lived in poverty, and **1,875** of those were children under 18. This represents a **2.1%** decrease in total poverty and **9.2%** increase 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, **39.5%** of Greenup 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, 13,331 Greenup County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN GREENUP COUNTY

#### Lifestyle improvements

In 2018, 97% of adult participants made a positive change in food group choices and 92% showed improvement in one or more food safety practices. In addition, 92% showed improvement in one or more food resource management practices and 92% made changes to be more physically active. Youth participants also experienced behavior changes, with 98% improving their ability to choose healthy foods.

## Our Success

### LEAP(ing) for health

According to the most recent studies of 2011, 21% of Kentucky youth, ages 2-17 are considered obese. Greenup County has an obesity rate of 31.9%, which is much higher than the state average. This obesity rate presents higher risk factors for developing serious chronic diseases at an earlier age. The Greenup County Extension Service and SNAP-Ed assistant partnered with Russell Preschool to teach preschool students the importance of eating healthy and being active. The SNAP-Ed assistant utilized the LEAP (Literacy, Eating, and Activity for Primary) curriculum. The students participated in hands-on learning, physical activity and received literature about each food group to take home to their parents. During the series, preschoolers were encouraged to be a member of the "Discovering Healthy Habits Club" as a way to get them to try new foods that they had never tried before. During each lesson, students learned about different food textures, smells, and appearances of fruits and vegetables. 100% of the students participated in trying new foods. Several teachers stated that they were so pleased to see even the "picky eaters" were not only trying new foods (which was an accomplishment in itself), but also enjoying the taste of new foods.



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.

