



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 **9,889** Harlan County residents lived in poverty, and **2,642** of those were children under 18. This represents a 4% decrease in total poverty and 9.2% 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, **36.6%** of Harlan 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, **38,006** Harlan County residents with limited resources participated in nutrition education lessons.

Our Results

IN HARLAN COUNTY

Lifestyle improvements

In 2018, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **75%** showed improvement in one or more food resource management practices and **100%** made changes to be more physically active. Youth participants also experienced behavior changes, with **92%** improving their ability to choose healthy foods.

Our Success

Get Moving Harlan County program showcases benefits of exercise

According to the Kentucky County Healthcare Profiles, 37% of adults in Harlan County are obese and 15.3% have diabetes. Moreover, the health rankings show that 27% stated they have poor or fair health. Because exercise reduces the risk of heart disease, Type 2 diabetes and some cancers and because increased energy can improve mental and overall well-being, Harlan County Extension initiated a six-week walking program challenging participants to walk at least three days a week for 30 minutes per day. Over 850 people participated in the Get Moving Harlan County program, with 90% of participants completing all six weeks. The participants turned in weekly walking logs that described their activity and how long they were active each week. Exercise activities were offered at the Extension office one day per week, enabling participants to engage in simple walking and chair exercises. Participants completed more than 6,885 hours of activity through the program. One hundred percent of participants said that they felt better after being physically active and wanted to continue the program. The Get Moving Kentucky program was used to educate community members on the importance of exercise and its health benefits, as well as on the importance of making healthier eating choices while being active. One participant said, "Because my daughter asked me to participate with her, I have lost over 20 pounds."



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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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