



## 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 **884** Hickman County residents lived in poverty, and **296** of those were children under 18. This represents a 3% increase in total poverty and 11.7% 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, **35%** of Hickman 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, **19,085** Hickman County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN HICKMAN COUNTY

#### Lifestyle improvements

In 2018, **97%** of adult participants made a positive change in food group choices and **91%** showed improvement in one or more food safety practices. In addition, **88%** showed improvement in one or more food resource management practices and **95%** made changes to be more physically active. Youth participants also experienced behavior changes, with **100%** improving their ability to choose healthy foods.

## Our Success

### Hickman County families improve their health

The Hickman County Nutrition Educational Program paraprofessional taught forty-three limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 100% of the Nutrition Education Program families made an improvement in the nutritional quality of their diet.

The program results also showed that 70% of the families consumed a diet of higher quality because they planned meals using MyPlate guidelines, considered healthy choices, and used the "Nutrition Facts" label; 73% of families increased the number of days for physical activity, strength training and making changes in their daily routine; 57% increased their food security by having enough to eat or the ability to obtain food; 61% of families also demonstrated an improvement in safe food handling practices and hand washing behavior; 69% of families learned to plan meals ahead of time, check the food on hand, and use a grocery list to guide their purchases; 78% improvement was shown in food price comparison behavior and 62% of families showed an improvement of meals eaten at home versus meals eaten away from home.



University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension

#### 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.



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

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.

