



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 **8,154** Hopkins County residents lived in poverty, and **2,495** of those were children under 18. This represents a **3.2%** 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, **33.5%** of Hopkins 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, **6,860** Hopkins County residents with limited resources participated in nutrition education lessons.

Our Results

IN HOPKINS COUNTY

Lifestyle improvements

In 2018, **98%** of adult participants made a positive change in food group choices and **94%** showed improvement in one or more food safety practices. In addition, **80%** showed improvement in one or more food resource management practices and **75%** made changes to be more physically active. Youth participants also experienced behavior changes, with **94%** improving their ability to choose healthy foods.

Our Success

Students LEAP for health

It is helpful for young children to know where their food comes from and to know how it grows. By knowing where their food comes from, children may be more likely to try new foods and help prepare family meals. A study conducted by the Centers for Disease Control and Prevention (CDC) found that in 2007–2010, 60% of children aged 1–18 years did not meet U.S. Department of Agriculture Food Patterns fruit intake recommendations, and 93% did not meet vegetable recommendations. The SNAP-Ed Assistant for Hopkins County partnered with the Dawson Springs Head Start teachers to present LEAP (Literacy, Eating and Activity for Primary) programming to 20 preschool students, aged 3-5, over 6 sessions, to help educate the students on different types of fruits and vegetables, how these items are grown and how they relate to a healthy lifestyle. The students were presented with samples of various produce that they could touch and taste. Post-evaluations showed that 75% of students could identify various fruits and vegetables. One student said, "My new favorite vegetable is spinach, as long as I add the oranges, with the yummy dressing."

This program was presented to help the young students understand the importance of the foods they eat and the value that fruits and vegetables provide to their growing bodies.



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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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



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