



## 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 **3,265** Leslie County residents lived in poverty, and **870** of those were children under 18. This represents a **5.3%** decrease in total poverty and **2.9%** decrease 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, **43.3%** of Leslie 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, 5,426 Leslie County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN KENTUCKY

#### Lifestyle improvements

In 2018, 95% of adult participants made a positive change in food group choices and 91% showed improvement in one or more food safety practices. In addition, 90% showed improvement in one or more food resource management practices and 83% made changes to be more physically active. Youth participants also experienced behavior changes, with 83% improving their ability to choose healthy foods.

## Our Success

### Super Star Chef camp helps kids shine in the kitchen

According to the 2017 Nutrition Education Program Annual Report data, 43.2% of Leslie County's population were considered obese. Also, 37% of the county's population does not consider themselves physically active. Increased consumption of unhealthy food and stress can lead to physical inactivity. In an effort to combat this problem, the Leslie County Family Consumer Science Agent presented Super Star Chef a 3-day workshop for students that is designed to give youth skills and knowledge that can use for their lifetime. Students were taught knife skills, measuring skills, MyPlate recommendations, and many other topics related to nutrition and beginning cooking skills. Overall, pre-post comparisons of participant responses to the assessment instrument show that the program enhanced participant understanding of nutrition concepts covered in the program. All of the seven respondents agreed that they learned about the amount of fruits and vegetables they should have on their plates; how germs can be transferred to food; how to wash their hands to remove germs. Six of the seven participants agreed that they learned how to read nutrition labels; how to measure ingredients, and how to read recipes. Also, six of the respondents plan to eat more fruits and vegetables after participating in the program.



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

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

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