



## 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 **5,499** Lincoln County residents lived in poverty, and **1,741** of those were children under 18. This represents a **6%** increase in total poverty and **0.1%** 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, **33.8%** of Lincoln 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, 6,253 Lincoln County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN LINCOLN COUNTY

#### Lifestyle improvements

In 2018, 95% of adult participants made a positive change in food group choices and 89% showed improvement in one or more food safety practices. In addition, 79% showed improvement in one or more food resource management practices and 88% made changes to be more physically active. Youth participants also experienced behavior changes, with 85% improving their ability to choose healthy foods.

## Our Success

### Small changes can make a big difference

A new class began at the Lincoln County Extension Office using the Healthy Choices for Every Body curriculum. Within the seven week program, participants learned about healthy eating, food resource management, and the importance of physical activity. The participants showed improvement in several areas. There was a 57% improvement in days in which participants exercised for at least 30 minutes. There was also a 57% improvement in the days in which participants did muscle strengthening exercises. This was a great accomplishment since many of the women were senior citizens and did not have daily exercises. The improvement shown in physical activity was encouraging, since bone and muscle health was discussed several times throughout the class as well as the importance of maintaining a strong body as one ages. Other positive changes included the fact that 71% were shown to be thawing their food less on the counter, and 86% increased their use of meat thermometers.



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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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