



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 **4,581** Logan County residents lived in poverty, and **1,612** of those were children under 18. This represents a **3.6%** decrease in total poverty and **9.9%** increase 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, **34.9%** of Logan 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, 7,550 Logan County residents with limited resources participated in nutrition education lessons.

Our Results

IN LOGAN COUNTY

Lifestyle improvements

In 2018, **92%** of adult participants made a positive change in food group choices and **95%** showed improvement in one or more food safety practices. In addition, **95%** showed improvement in one or more food resource management practices and **80%** made changes to be more physically active. Youth participants also experienced behavior changes, with **88%** improving their ability to choose healthy foods.

Our Success

Children increase literacy while learning about nutrition

Logan County is one of six counties in Kentucky with obesity rates over 40%. The percentage of children being overweight is 16.3% and 15.6% obese. The poverty level for Logan County is 19.7% with a food insecurity rate at 15.2%. A local childcare center contacted the Logan County Extension Office to have Supplemental Nutrition Assistance Program Education (SNAP-ED) Assistant, teach nutrition to their children during the summer.

Children being cared for at the facility are from limited income families. The SNAP-Ed assistant taught the Literacy Eating and Physical Activity for Primary (LEAP) curriculum to the children by reading an assortment of books based on nutrition and provide healthy snacks for children to sample.

Children began sampling new foods, learned about MyPlate guidelines, and food safety practices, such as washing their hands before eating or handling food. Children showed 71% improvement on recognizing healthy snack options, 86% improvement on recognizing dairy foods options and 71% improvement in knowledge on handling food safely. Children sampled fruit yogurt parfaits, pasta salad and smoothies. The children also learned the importance of physical activity. Participation in this program and improvements in these areas contribute to the overall success of the program.



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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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