



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 **6,168** Magoffin County residents lived in poverty, and **1,750** of those were children under 18. This represents a **1.7%** increase in total poverty and **18.9%** 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, **37.6%** of Magoffin 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, 7,970 Magoffin County residents with limited resources participated in nutrition education lessons.

Our Results

IN MAGOFFIN COUNTY

Lifestyle improvements

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

Our Success

Families learn how to prepare healthy meals all year long

The nutrition calendar produced by the University of Kentucky Nutrition Education Program was used by the Magoffin County Supplemental Nutrition Assistance Program to create and introduce a Cooking through the Calendar class. This was an opportunity for the community to try new, healthy recipes for their families. Using the Healthy Choices for Every Body curriculum, instruction focused on accessing nutritious food and making lifestyle choices that influence health and well-being in a positive manner. Such topics as meal planning, shopping for supplies, measuring properly using dry and liquid measuring cups, and preparing for the recipes were an important part of the classes. One participant stated, "I know now why some of my recipes don't turn out right. I have never known about the difference in the measuring." Evaluations were gathered with monthly testimonials from participants excited to report on the outcomes of making the recipes for their family. Eighty-two percent of participants made recipes at home following the cooking classes, while 64% stated that they now cook more at home after learning the simple recipes in the calendar. One participant reported that the Parmesan Chicken recipe has been a favorite in her home and has been used as a main dish as well as a topper for salads. These calendar recipes are a healthier choice for any meal and being able to present them to other and hear about the different way they have used them is a great success.



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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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