



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 **17,680** Marshall County residents lived in poverty, and **4,264** of those were children under 18. This represents a **42.4%** increase in total poverty and **34.5%** 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, **34.8%** of Marshall 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, 2,187 Marshall County residents with limited resources participated in nutrition education lessons.

Our Results

IN MARSHALL COUNTY

Lifestyle improvements

In 2018, **89%** of adult participants made a positive change in food group choices and **89%** showed improvement in one or more food safety practices. In addition, **89%** showed improvement in one or more food resource management practices and **67%** made changes to be more physically active. Youth participants also experienced behavior changes, with **00%** improving their ability to choose healthy foods.

Our Success

Family cooking session focuses on healthy habits year-round

Cooking through the Calendar is an ongoing program conducted by the Marshall County Supplemental Nutrition Assistance Program educator at the local Cooperative Extension Service office. The program is open to all residents in the area, including families with small children. Each month, participants receive a lesson from the Healthy Choices for Every Body curriculum and then work together to cook the recipe of the month from the current Nutrition Education Program calendar. Evaluations conducted at the beginning and end of seven nutrition lessons indicated that 86% of graduated participants began planning meals ahead of time, used the Nutrition Facts label when grocery shopping and discontinued thawing food at room temperature. All participants showed improvement in their food safety skills practiced at home, away from the program. The SNAP-Ed assistant is confident that skills learned and practiced through this program will aid graduates in living healthier lifestyles at home.



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
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