



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 **3,109** Morgan County residents lived in poverty, and **878** of those were children under 18. This represents a **10.6%** decrease in total poverty and **12.5%** 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, **37.7%** of Morgan 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, 20,501 Morgan County residents with limited resources participated in nutrition education lessons.

Our Results

IN MORGAN COUNTY

Lifestyle improvements

In 2018, 98% of adult participants made a positive change in food group choices and 85% showed improvement in one or more food safety practices. In addition, 97% showed improvement in one or more food resource management practices and 98% made changes to be more physically active. Youth participants also experienced behavior changes, with 98% improving their ability to choose healthy foods.

Our Success

Extension program increases youth vegetable consumption

In Morgan County, 66% of children live below the 200% of federal poverty level (2017 KY Kids Count). The Morgan County Cooperative Extension Service and the Morgan County Board of Education teamed together to address nutrition and physical activity for 213 third grade students in all county schools. The Expanded Food and Nutrition Education Program (EFNEP) assistant taught from the Professor Popcorn curriculum which emphasizes MyPlate guidelines, food safety, physical activity, and sources of food. Students learned the importance of hand washing to help prevent the spread of germs as well as healthy eating habits for different meals and snacks. As a result of these lessons, 95% of students were more physically active; 100% improved hand washing before food prep and before eating and 99% improved in eating more vegetables.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



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

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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