



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 **5,236** Nelson County residents lived in poverty, and **1,777** of those were children under 18. This represents a **2.8%** decrease in total poverty and **0.4%** 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, **31.7%** of Nelson 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, 2,760 Nelson County residents with limited resources participated in nutrition education lessons.

Our Results

IN KENTUCKY

Lifestyle improvements

In 2018, 95% of adult participants made a positive change in food group choices and 91% showed improvement in one or more food safety practices. In addition, 90% showed improvement in one or more food resource management practices and 83% made changes to be more physically active. Youth participants also experienced behavior changes, with 83% improving their ability to choose healthy foods.

Our Success

Inspiring youth to make healthy choices

The Nelson County Cooperative Extension 4-H Agents visited over 20 different classrooms in 6 different schools in the county to present a lesson called "Food is Energy." Agents utilized information regarding caloric intake from the USDA website to help present up-to-date nutritional and dietary guidelines to students in the fourth, fifth and sixth grades. Students learned that the human body is similar to a car in that we need "gasoline" in the form of food to help make us go and perform our best. Over 1,500 students participated in the lesson. Each student made their own trail mix out of whole grain cereals, dried fruit and various seeds. Agents discussed with students the importance of eating diverse foods and how each food product or item provides our body with essential nutrients, that help us perform various tasks from sleeping, to thinking, to exercise and movement. These lessons helped provide nutrition information to the students and included ways in which healthy choices could be identified. Students were eager to learn about healthy eating!



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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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