



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 **4,865** Ohio County residents lived in poverty, and **1,687** of those were children under 18. This represents a **8.6%** increase in total poverty and **10%** 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, **39.1%** of Ohio 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, **19,980** Ohio 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

700 Ohio County students learn how to live a healthy lifestyle

In a study by the Snack Food Association, 74% of consumers are trying to eat healthier. To educate individuals and families on healthier options, the Ohio County Family and Consumer Science agent implemented the "Snack Like a Superhero" campaign. This Supplemental Nutrition Assistance Program education (SNAP-Ed) campaign was created to help families with limited resources choose nutritious options. Over 700 students at Western and Wayland Elementary schools were provided monthly food tastings, agriculture and nutrition lessons, and cooking demonstrations. Each student was given a recipe book containing all the recipes sampled. Activities focused on an integrated approach to learning, with emphasis on where food comes from. Results show 84% of youth increased their knowledge of nutrition and its relationship to overall health, while 419 students reported that they had increased their knowledge of the importance of eating more fruits and vegetables. The family resource coordinator remarked, "Our school's theme this year is 'What's your Super Power?' Extension was perfect to partner with to assist our efforts to improve our students' health habits and leadership abilities."



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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



KYNEP.ca.uky.edu



Facebook.com/KYNEP



YouTube.com/UKKYNEP