



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 **1,923** Owen County residents lived in poverty, and **589** of those were children under 18. This represents a **0.5%** increase in total poverty and **3.1%** 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, **32.2%** of Owen 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, 4,586 Owen County residents with limited resources participated in nutrition education lessons.

Our Results

IN OWEN COUNTY

Lifestyle improvements

In 2018, 95% of adult participants made a positive change in food group choices and 95% showed improvement in one or more food safety practices. In addition, 95% showed improvement in one or more food resource management practices and 95% made changes to be more physically active. Youth participants also experienced behavior changes, with 00% improving their ability to choose healthy foods.

Our Success

5th grade students empowered by cooking and nutrition program

The "Recipes for Life" program is an educational experience that provides a hands-on learning environment for 175 fifth grade youth in Owen County annually. Youth learn food preparation skills, kitchen and food safety, mealtime etiquette, nutritional knowledge, and healthy eating. Students are encouraged to share their student booklet, recipe booklet and reinforcement items with family members and prepare recipes at home. An informal verbal pre-evaluation was given to students the day of the 2018 "Recipes for Life." Students, divided into groups, prepared a recipe integrating math, reading and practical skills gained from activity stations. Several weeks later, students shared what they took away from the Recipes for Life program, noting the following:

- 90% were more conscious about washing hands correctly
- 75% helped set table, clean up or do dishes after a family meal
- 71% helped prepare recipe for family from program cookbook
- 81% strongly agreed they plan to eat more fruits/vegetables

"Recipes for Life" uses a practical hands-on approach to teach skills which can be applied at home as youth cook with their family, in other situations, and later, to live as independent adults.



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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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