



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 **2,069** Pendleton County residents lived in poverty, and **689** of those were children under 18. This represents a **8.4%** decrease in total poverty and **7.9%** 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, **34.8%** of Pendleton 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, **6,921** Pendleton 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

Food preservation class teaches how to save money, eat healthier

With the increased request and interest in food preservation by clients in Pendleton County, the Family and Consumer Science Educator hosted a multi-day food preservation workshop. A total of 15 individuals attended the workshops. Following the workshop, twelve participants completed the follow-up survey. All (100%) reported using the foods they had prepared during the program, and all reported that they had used the skills they had learned to preserve food at home. Two-thirds (67%) of the participants reported growing a garden this year. In addition to using food from their garden to practice their food preservation skills, some participants also used food from others' gardens and purchased produce from farmers' markets and grocery stores. Using their preservation skills, participants preserved 34.5 quarts of fruits, 230 quarts of vegetables, 39 pints of jams and jellies and 23 quarts of pickles this summer. All participants (100%) agreed they had better skills in home preservation methods, could identify research-based methods of home food preservation, could identify the necessary equipment for home food preservation methods, could accurately prepare foods and containers for food preservation following the program, and could identify spoilage in home preserved products.



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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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