



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 **18,486** Pike County residents lived in poverty, and **5,113** of those were children under 18. This represents a **14.5%** increase in total poverty and **11.4%** 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, **40.3%** of Pike 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, 41,279 Pike County residents with limited resources participated in nutrition education lessons.

Our Results

IN PIKE COUNTY

Lifestyle improvements

In 2018, 97% of adult participants made a positive change in food group choices and 89% showed improvement in one or more food safety practices. In addition, 100% showed improvement in one or more food resource management practices and 100% made changes to be more physically active. Youth participants also experienced behavior changes, with 93% improving their ability to choose healthy foods.

Our Success

Pike County uses pizza to teach kids healthy eating habits

For the past two summers, the SNAP-Ed assistant and the Family and Consumer Sciences program assistant have partnered together to conduct a nutrition camp entitled 'Let's Make Pizza' using the Teen Cuisine curriculum. Each year a different area of the county is chosen since transportation is an issue for some of the children to come to the Extension office.

This year's summer nutrition camp was held at the Bent Branch Community Park and had youth ages 9-12 participating for the three-day program. During the first day of camp, the participants learned proper handwashing techniques, food safety, how to use a mixer and the importance of breakfast and dairy consumption. Each participant made his or her own individual breakfast pizza. To prepare for the second day, the group discussed their favorite fruits and fruits they had never tried. Nutrition topics covered during the second day included knife safety, how to read a recipe, and the importance of fruits and grains. Each participant sliced and chopped their own fruit for individual fruit pizzas. Participants also tasted fruits they had never tried before. The last day of nutrition camp included a lesson about the importance of consuming vegetables and proteins. A lesson on "Think Your Drink" was also included. Each participant made his or her own individual pizza using a variety of meats and vegetables. By the end of camp, 100% of the participants improved in diet quality and safe food handling practices. Fifty-seven percent (57%) improved in their knowledge of physical activity practices.



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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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