



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 **11,876** Pulaski County residents lived in poverty, and **3,798** of those were children under 18. This represents a **17.9%** decrease in total poverty and **11.1%** 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, **34.1%** of Pulaski 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, 24,294 Pulaski County residents with limited resources participated in nutrition education lessons.

Our Results

IN PULASKI COUNTY

Lifestyle improvements

In 2018, 100% of adult participants made a positive change in food group choices and 97% showed improvement in one or more food safety practices. In addition, 92% showed improvement in one or more food resource management practices and 92% made changes to be more physically active. Youth participants also experienced behavior changes, with 76% improving their ability to choose healthy foods.

Our Success

Handwashing lesson helps keeps kids healthy

When school was in session in Pulaski County, some teachers expressed concern about the children spreading germs among themselves, due to not washing their hands. The Supplemental Nutrition Assistant Program Assistant for the Pulaski County Cooperative Extension Service collaborated with one of the first grades at the local school. The Assistant gave the students a pre-test to determine what the students knew about washing their hands. Twenty students participated in the testing. The results of the pre-test showed that the students did not know when they needed to wash their hands before eating. The Assistant chose to read to the students the book "Germs, Germs, Germs" from the Literacy, Eating and Activity for Primary (LEAP) Program, to address the importance of when to wash their hands. After the story, the Assistant used the Glo Germ Hand Washing Activity to show the students how to remove germs from their hands. Following the program a post-test was given to the twenty students. Over half (80%) of the students showed an improvement in knowing when to wash their hands.



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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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