



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 **5,389** Rowan County residents lived in poverty, and **1,273** of those were children under 18. This represents a **8.4%** increase in total poverty and **2.2%** 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, **35.9%** of Rowan 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, 3,718 Rowan 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

Community comes together to foster healthy eating habits

Kentucky high school students have the highest rate of obesity in the nation with the obesity rate as of 2015-16 at its record high of 33% in the state. The Rowan County Cooperative Extension in cooperation with the Rowan County Health Department, Kentucky State University SNAP Program and local farmers from the Farmers Market sponsored a summer promotion of support healthy food choices. Local farms set up their items at the county health department and the WIC program offered vouchers to clients that attended the market. Food processing, face painting, and health care tables were set up to enhance the activity. Emphasis was placed on healthy recipes for snacks and the selection of fresh fruits and vegetables from local farmers. Each client was asked to do a taste of the cucumber salsa and complete an evaluation. Fifty-four families consisting of 62 adults and 48 youths participated at the sampling table that provided cucumber salsa with multi grain chips.

After the samples:

- 85% of the clients liked the recipe
- 90% liked the use of different vegetables used in the salsa
- 60% want to start using multi-grain chips



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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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