



## 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**.<sup>1</sup> 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.
<b>Total Poverty</b>	17.2%	12.3%
<b>Child Poverty</b>	24.4%	19.5%
<b>Food Insecurity</b>	14.7%	11.8%

In 2016, an estimated **5,400** Scott County residents lived in poverty, and **1,843** of those were children under 18. This represents a **12.7%** increase in total poverty and **14.8%** increase in child poverty since 2008.<sup>1</sup>

### Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet.<sup>2</sup> 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%**).<sup>3</sup> 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.<sup>2</sup>

In 2014, **32.1%** of Scott County's adult population were considered obese.<sup>4</sup>

## 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, 6,893 Scott County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN SCOTT COUNTY

#### Lifestyle improvements

In 2018, 97% of adult participants made a positive change in food group choices and 87% showed improvement in one or more food safety practices. In addition, 88% showed improvement in one or more food resource management practices and 82% made changes to be more physically active. Youth participants also experienced behavior changes, with 81% improving their ability to choose healthy foods.

## Our Success

### Scott County recovering adults make strides towards healthy lifestyles

In 2018, the Scott County Cooperative Extension's SNAP (Supplemental Nutrition Assistance Program) Education Program Assistant formed a partnership with Recovery Works, an inpatient drug and alcohol rehabilitation center, to offer nutrition education and healthy cooking demonstrations to patients. During the four-week cooking and nutrition series, participants focused on the importance of eating a variety of foods, meal planning, reading nutrition labels, food safety, limiting sodium, sugar, and fats, and healthy breakfast meals. Since the beginning of the Healthy Choices for Every Body series, 15 participants have graduated from the program. According to the data, upon completion all participants have improved their diet quality in at least one area. Over half (71%) have increased physical activity, and 86% have shown improvement in food safety practices as well as food resource management.



University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension

#### 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.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



[KYNEP.ca.uky.edu](http://KYNEP.ca.uky.edu)



[Facebook.com/KYNEP](https://Facebook.com/KYNEP)



[YouTube.com/UKKYNEP](https://YouTube.com/UKKYNEP)