



## 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 **2,046** Trigg County residents lived in poverty, and **749** of those were children under 18. This represents a **10.7%** increase in total poverty and **26.3%** 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, **35.6%** of Trigg 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, 6,956 Trigg County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN TRIGG COUNTY

#### Lifestyle improvements

In 2018, 79% of adult participants made a positive change in food group choices and 79% showed improvement in one or more food safety practices. In addition, 76% showed improvement in one or more food resource management practices and 55% made changes to be more physically active. Youth participants also experienced behavior changes, with 62% improving their ability to choose healthy foods.

## Our Success

### Youth build skill-set to lead healthy lifestyle

The obesity epidemic threatens the quality and years of life of Kentuckians and Trigg Countians. Individuals struggling with obesity are at increased risk for many chronic health conditions, including Type 2 diabetes, heart disease, stroke and some types of cancers. It is commonly accepted that if the behaviors that bring about these chronic diseases are present in adults, they are likely to be passed on to children, thus perpetuating the cycle. The 4-H Cooking Club attempts to reverse the trend. The club was led by the Trigg County Nutrition Education Program assistant. Twelve members met for a series of eight meetings using the Teen Cuisine curriculum and recipes from the Healthy Choices for Every Body and Plate it up! Kentucky Proud. The goal of the club was to help youth become self-sufficient in the kitchen, while learning healthy habits that will last a lifetime and influence the people around them. Among the outcomes, 100% of the members indicated they tried new foods, with only 18% saying they still didn't like them. Many also indicated trying new foods in other settings. In addition, 64% indicated they learned to use a knife safely and other kitchen safety techniques. Other skills learned included reading and following a recipe, proper measuring and how to share their workspace. In the end, 100% of the members indicated they incorporated healthy habits into their lives, while 50% indicated increased consumption of fruits and vegetables.



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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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