



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 **1,263** Trimble County residents lived in poverty, and **401** of those were children under 18. This represents a **4.1%** decrease in total poverty and **5.9%** 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, **36.1%** of Trimble 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, 3,736 Trimble 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

Recipes for Life inspires youth to make healthy choices

In a recent study, Lavell, et al. (2016) found that children and teens were the optimal age to learn cooking skills, practice appropriate kitchen behaviors and skills, have a positive attitude toward cooking, and demonstrate improved diet quality. Furthermore, a study by Tumin and Anderson (2017) finds that cooking and eating at home decreases the odds of obesity. According to the State of Obesity, Kentucky has the seventh highest adult obesity rate in the nation and The Centers for Disease Control and Prevention (CDC) reported that in Kentucky, 35.1% of adults were overweight and 15.4% of adolescents were overweight.

The Trimble County Recipes for Life Project was a collaborative effort with several community organizations

and more than one hundred fifth grade students participated over a three day period.

The evaluation study employed a pre-post test to examine the impact of the program on students' knowledge and understanding of the concepts covered in the curriculum. Results of the paired sample total test scores showed statistically significant pre-post improvement in total scores. In addition, as a result of attending the Recipes for Life program, students plan to make the following behavior changes:

- 93% plan to eat more fruits.
- 85% plan to eat more vegetables.
- 95% plan to try new foods.
- 98% plan to help prepare food at home.

During the project, students also



gained knowledge and understanding of food sanitation, how to read and prepare a recipe, table setting and manners, understand the importance of cooperating with others, following directions, and were encouraged to participate in family time discussion at the dinner table.

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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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



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