



## 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 **1,851** Washington County residents lived in poverty, and **626** of those were children under 18. This represents a **0.9%** decrease in total poverty and **10.8%** 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, **32.5%** of Washington 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, 3,455 Washington County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN WASHINGTON COUNTY

#### Lifestyle improvements

In 2018, 98% of adult participants made a positive change in food group choices and 80% showed improvement in one or more food safety practices. In addition, 80% showed improvement in one or more food resource management practices and 74% made changes to be more physically active. Youth participants also experienced behavior changes, with 43% improving their ability to choose healthy foods.

## Our Success

### Recovering adults cook their way to a healthier lifestyle

In Kentucky drug and alcohol addiction problems continue to be on the rise which subsequently negatively impacts our state's health and our families.

Often those living in this addictive state suffer nutrition deficiencies. The Washington County Supplemental Nutrition Assistance Program (SNAP) Assistant partnered with the Isaiah House Recovery Center in Washington County to bring the Healthy Choices for Every Body curriculum to recovering addicts. In addition to providing information on nutrition and better food practices, each lesson contained a hands-on cooking component. The participants had a 100% positive change in consumed fruit, an 83% improvement in dairy intake, and an 83% positive change in their consumption of solid fats and added sugars. In addition to the positive outcomes, one student began working as one of the Kitchen Assistants at Isaiah House and was featured in their newsletter.



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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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