



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 **2,311** Webster County residents lived in poverty, and **721** of those were children under 18. This represents a **2.3%** decrease in total poverty and **2.1%** 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, **34.7%** of Webster 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, 4,873 Webster 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

Adults learn how to flavor dishes the hearty-healthy way

Having high blood pressure can put you at a heightened risk for heart disease and stroke, which are both leading causes of death in the United States. About 75 million American adults (32%) have high blood pressure and only about half (54%) of people with high blood pressure have their condition under control. High blood pressure was also a primary or contributing cause of death for more than 410,000 Americans in 2014—that is more than 1,100 deaths each day, according to the Centers for Disease Control and Prevention. These alarming statistics were the reason why the Family and Consumer Sciences Extension Agent provided a program for adults about how to cook with herbs.

Most of the sodium we consume is in the form of salt, and a large amount of the sodium that we consume is in processed and ready-made foods. Excess sodium can increase your blood pressure and your risk for a heart disease and stroke. The Cooking with Herbs class demonstrated how fresh and dried herbs can be used in place of salt. Most people do not use herbs and spices to flavor food because they are not familiar with all the options and how to use them. The class discussed the many types of herbs, how to grow your own, how to store them, difference in using dried compared to fresh and what herbs are best paired with certain foods. After the class, the majority of the participants were planning to grow their own herbs, try herbs in place of salt when cooking and making a more conscience effort to cut back their sodium intake.



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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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