



## 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 **3,099** Woodford County residents lived in poverty, and **969** of those were children under 18. This represents a **32.7%** increase in total poverty and **35.1%** 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, **30.9%** of Woodford 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, 2,703 Woodford 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

### Move It and Lose It! program has big impact on Woodford County participants

According to the Foundation for a Healthy Kentucky, 70% of adult Woodford County residents are overweight and only 12% consume the recommended amount of fruits and vegetables per day. This, coupled with the fact that 28% of adults lack the recommended amount of physical activity, was reason to offer programming to aid in the impact of healthy lifestyles. The Move It and Lose It! program (Weight: the Reality Series) was offered with the intent to address these downfalls by teaching about nutritious meals, healthy cooking and ways to incorporate physical activity into daily life. In partnership with the Woodford County Health Department, 18 people participated in the program. A total of 64.7 pounds of weight was lost and nearly 10 inches were lost from waist measurements. Thanks to the Woodford County Public Schools, an InBody Body Composition machine was used at the first and last sessions to calculate other measurements in addition to weight and waist circumference. Fat pounds were reduced by 35.3 pounds, while muscle pounds increased by 20 pounds. All participants reported an increase in physical activity and implemented healthy eating practices, particularly an increase in fresh fruit and vegetable consumption.



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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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