



Our Focus

The Kentucky Nutrition Education Program, as part of the University of Kentucky Cooperative Extension Service, encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Both programs utilize agents and assistants to provide educational opportunities for limited-resource individuals and families to acquire knowledge, develop skills, and change behaviors for improved health and well-being.

Our Challenge

Poverty

According to US Census estimates for 2017, the median household income in Kentucky is **\$48,332**, almost 20% lower than the U.S. median household income of **\$60,336**.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 | 17.1% | 13.4% |
| Child Poverty | 22.1% | 18.4% |
| Food Insecurity | 14.7% | 12.3% |

In 2017, an estimated **4,508** Allen County residents lived in poverty, and an estimated **1,462** were children under 18.¹

Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet and physical inactivity.² These include high blood pressure, cardiovascular disease, type 2 diabetes and stroke.



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. The percentage of physically inactive Kentuckians was **34.4%**, ranking it as the most physically inactive state in the nation. 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 2015, **33.5%** of Allen County's adult population were considered obese, and **35.3%** were considered physically inactive.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 2019, **4,928** contacts were made with Allen County residents who participated in nutrition education programming.

Our Results

IN ALLEN COUNTY

Lifestyle improvements

In 2019, **97%** of adult participants made a positive change in food group choices and **73%** showed improvement in one or more food safety practices. In addition, **100%** showed improvement in one or more food resource management practices and **92%** made changes to be more physically active. Youth participants also experienced behavior changes, with **89%** improving their ability to choose healthy foods.

Our Success

Keeping Youth Healthy in Allen County

In Allen County, youth aren't getting the recommended amount of physical activity. According to the State of Kentucky Nutrition, Physical Activity, and Obesity profile, 28.8% of youth average three hours of television on school days. The CDC reports 14% of Kentucky's children are obese. To help improve health, the Allen County Extension Service, with the Allen County Health Department, Allen County School District, the Core of Scottsville, and Need More Acres, conducted Healthy Choices for Every Body. The 58 youth participants walked from the Core of Scottsville to the Allen County Cooperative Extension office on Fridays, tracking their steps and activity with a pedometer and a log. They also took classes at the Extension office that included preparing healthy snacks. Afterward, they engaged in 30 minutes of physical activity such as jumping rope and walking and measuring steps. A first-week evaluation showed participants engaged in at least 30 additional minutes of physical activity at home. Several parents reported their children abstained from television or gaming; 81% improved their ability to choose healthier foods; 81% used safe food-handling practices more often or gained knowledge; and 100% improved their ability to prepare simple, nutritious, and affordable food, or gained knowledge.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension

 University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates
2. World Health Organization Media Centre
3. The State of Obesity Report 2019
4. 2019 County Health Rankings & Roadmaps

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



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

