



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 **2,329** Anderson County residents lived in poverty, and an estimated **748** 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, **36.7%** of Anderson County's adult population were considered obese, and **31.9%** 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, 3,102 contacts were made with Anderson County residents who participated in nutrition education programming.

Our Results

IN KENTUCKY

Lifestyle improvements

In 2019, 97% of adult participants made a positive change in food group choices and 83% showed improvement in one or more food safety practices. In addition, 92% showed improvement in one or more food resource management practices and 90% made changes to be more physically active. Youth participants also experienced behavior changes, with 87% improving their ability to choose healthy foods.

Our Success

Super Star Chef Comes to Anderson County

According to 2017-18 the National Survey of Children's Health, 20.8% of Kentucky youth ages 10-17 are obese, ranking the state third nationally for youth obesity and placing it far above the national average. A diet rich in fruits and vegetables can combat obesity and related health problems such as heart disease, diabetes, and some cancers. Research indicates teaching cooking skills to children encourages healthier food choices, which can lower obesity rates. The Anderson County 4-H agent last summer hosted the Super Star Chef instruction team. Sixteen Anderson County rising third- through seventh-graders took part in a three-day camp to teach kitchen and food safety, nutrition, and physical activity. In addition, the students practiced supervised food preparation. Overall, participants' pretest/post-test comparisons show the program enhanced understanding of the concepts taught. Afterward, participants reported they can identify healthy foods and plan to drink less soda. Furthermore, 87.5% plan to eat more fruits and vegetables, try new foods, and drink more water. Participants also statistically significantly increased their cooking self-efficacy scores in the areas of making a meal with fruits and vegetables, using a kitchen knife, following a recipe, and helping with family meal preparation.



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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

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