



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 **3,537** Breckinridge County residents lived in poverty, and an estimated **1,158** 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, **31.9%** of Breckinridge County's adult population were considered obese, and **27.1%** 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, 6,555 contacts were made with Breckinridge County residents who participated in nutrition education programming.

Our Results

IN BRECKINRIDGE COUNTY

Lifestyle improvements

In 2019, 100% of adult participants made a positive change in food group choices and 88% showed improvement in one or more food safety practices. In addition, 95% showed improvement in one or more food resource management practices and 98% made changes to be more physically active. Youth participants also experienced behavior changes, with 83% improving their ability to choose healthy foods.

Our Success

Families Learn Nutrition Together

Sharing healthy meals together has gotten lost in today's on-the-go society. Irvington, Ben Johnson, and Custer elementary schools, along with Breckinridge Cooperative Extension Service, desired to change that. The Nutrition Education Program assistant, Family and Consumer Sciences agent, and 4-H agent created an after-school program teaching students and parents basic nutrition, which is imperative for a happier and healthier lifestyle. Using the Teen Cuisine curriculum, students learned the necessity of eating from all five food groups (MyPlate), the importance of eating breakfast every morning, the value of choosing healthy snacks, and how to read a recipe and measure properly. While the students made a nutritious recipe that complemented the Teen Cuisine lesson, the parents received a lesson from Healthy Choices for Every Body. They learned how to feed their families using MyPlate and how to decrease the consumption of fats, sugar, and salt. They also received tips on meal planning, reading labels, food safety, eating better on a budget, and making breakfast the most important meal of the day. And if that wasn't enough, the families sat together and enjoyed the recipe the children made.



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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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