



## 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**.<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>	17.1%	13.4%
<b>Child Poverty</b>	22.1%	18.4%
<b>Food Insecurity</b>	14.7%	12.3%

In 2017, an estimated **7,345** Bullitt County residents lived in poverty, and an estimated **2,121** were children under 18.<sup>1</sup>

### Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet and physical inactivity.<sup>2</sup> 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%**).<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 2015, **35.7%** of Bullitt County's adult population were considered obese, and **25.2%** were considered physically inactive.<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 2019, **6,285** contacts were made with Bullitt County residents who participated in nutrition education programming.

## Our Results

### IN BULLITT COUNTY

#### Lifestyle improvements

In 2019, **100%** of adult participants made a positive change in food group choices and **93%** showed improvement in one or more food safety practices. In addition, **95%** showed improvement in one or more food resource management practices and **91%** made changes to be more physically active. Youth participants also experienced behavior changes, with **75%** improving their ability to choose healthy foods.

## Our Success

### Good Nutrition Plays a Part in Recovery

Since August 2013, the Bullitt County Extension Service has partnered with the Bullitt County Detention Center's Substance Abuse Program to bring nutrition information to the men in the program. The Substance Abuse Program is voluntary and approximately 327 men have graduated from it. Though not all participated in the nutrition sessions, they were made available to everyone in the program. In April 2019, an Extension specialist for substance use prevention and recovery from the University of Kentucky spoke to the class. He discussed how nutrition and environment play a big part in recovery. He also talked about how, in order to succeed, people must remove themselves from their original environment. The week after the visit, numerous men who heard the speaker said they never realized the importance of good nutrition and recovery. The men said they were going to make an effort when they were released to eat healthier and to make sure their families did as well.



University of Kentucky  
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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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