



## 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 **2,152** Butler County residents lived in poverty, and an estimated **642** 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, **31.4%** of Butler County's adult population were considered obese, and **34.3%** 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, **3,588** contacts were made with Butler County residents who participated in nutrition education programming.

## Our Results

### IN BUTLER COUNTY

#### Lifestyle improvements

In 2019, **92%** of adult participants made a positive change in food group choices and **82%** showed improvement in one or more food safety practices. In addition, **93%** showed improvement in one or more food resource management practices and **86%** made changes to be more physically active. Youth participants also experienced behavior changes, with **81%** improving their ability to choose healthy foods.

## Our Success

### Wally Wildcat's Super Summer Camp

**U**.S. Department of Health and Human Services statistics indicate 28% of Americans age 6 and over are physically inactive and spend more than 7½ hours in front of a screen daily. HHS.gov also indicates, "Empty calories from added sugars and solid fats contribute to 40% of total daily calories for 2-18-year-olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk." To address these issues the Butler County Nutrition Education Program assistant, along with the Butler County Family and Consumer Sciences agent, conducted a three-day nutrition summer camp for children ages 5-8. Wally Wildcat's Super Summer Camp met at the Butler County Extension Office for 12 hours. Hands-on learning was gained through lessons, games, physical activities, and food preparation. New fruits and vegetables, whole grains, and low fat dairy were introduced. The program was a success and educated the participating children on the importance of eating healthy and exercising. It resulted in a 47% increased knowledge of identifying vegetables, 37% increased knowledge of identifying fruits, and 53% increased knowledge of identifying dairy. The children also showed a 26% improvement in knowledge of physical activity.



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.

