



## 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 **1,988** Caldwell County residents lived in poverty, and an estimated **669** 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, **35.9%** of Caldwell County's adult population were considered obese, and **26.5%** 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, 5,199 contacts were made with Caldwell County residents who participated in nutrition education programming.

## Our Results

### IN CALDWELL COUNTY

#### Lifestyle improvements

In 2019, 75% of adult participants made a positive change in food group choices and 81% showed improvement in one or more food safety practices. In addition, 81% showed improvement in one or more food resource management practices and 75% made changes to be more physically active. Youth participants also experienced behavior changes, with 95% improving their ability to choose healthy foods.

## Our Success

### Healthier People in Caldwell County

The Caldwell County SNAP-Ed senior assistant paraprofessional taught 15 limited resource families MyPlate, Know the Limits, Planning Meals, Reading Food Labels, Eating Better on a Budget, and Keeping Food Safe classes. Also included in the program was a cooking demonstration of a healthy recipe from the Nutrition Education Program 2018-19 calendar and a tasting. Following the program, 53% of participants eat more fruit each day, 13% eat more vegetables each day, 20% eat more red and orange vegetables each week, and 20% eat more dark green vegetables each week. Also, 13% drink regular soda less often, and 13% drink fruit punch, fruit drinks, sweet tea, or sports drinks less often. Other changes included 27% cooking dinner at home more times a week, and 53% making small changes to be active more often. In addition, 40% compare food prices more often, 80% plan meals before shopping more often, 60% check cupboard before shopping more often, and 60% make a list before shopping more often.



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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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