



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 721 Carlisle County residents lived in poverty, and an estimated 247 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, **30.7%** of Carlisle County's adult population were considered obese, and **32.9%** 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, **1,948** contacts were made with Carlisle County residents who participated in nutrition education programming.

Our Results

IN CARLISLE COUNTY

Lifestyle improvements

In 2019, **97%** of adult participants made a positive change in food group choices and **97%** showed improvement in one or more food safety practices. In addition, **100%** 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 **96%** improving their ability to choose healthy foods.

Our Success

Proper Nutrition During Recovery

According to the U.S. National Library of Medicine, substance abuse hurts the body in multiple ways, having a particularly negative impact on lifestyle and nutrition. Drugs and alcohol not only affect a person's appearance but also internal systems like metabolism, organ function, and mental well-being. Implementing proper nutrition can help someone recovering from addiction heal faster and more effectively. When the body is out of balance, everything is thrown off, and proper nutrition can help it reset. The Carlisle County Drug Court program collaborated with the Carlisle County Extension Nutrition Education Program assistant to help 19 recovering addicts learn better nutrition, resource management, and physical activity using the Healthy Choices curriculum, ice breaker games, PowerPoint presentations, and hands-on cooking. Graduates consumed more fruits and vegetables, 89% fewer sodas, and 78% fewer sweetened beverages. Food safety was improved 80% by cleaning surfaces, using a thermometer, and proper defrosting of meats. One third of participants increased their number of days for physical activity and strength training, and made changes in their daily routine. Food resource management was improved by 75%. One client stated: "I now enjoy preparing my family's meals at home as [compared] to before we would just grab something out."



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.

