



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 **2,155** Carroll County residents lived in poverty, and an estimated **843** 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, **31.7%** of Carroll County's adult population were considered obese, and **30.8%** 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, 3,034 contacts were made with Carroll County residents who participated in nutrition education programming.

Our Results

IN CARROLL COUNTY

Lifestyle improvements

In 2019, 97% of adult participants made a positive change in food group choices and 83% showed improvement in one or more food safety practices. In addition, 92% showed improvement in one or more food resource management practices and 90% made changes to be more physically active. Youth participants also experienced behavior changes, with 87% improving their ability to choose healthy foods.

Our Success

Recipes For Life

For three years, the Carroll County Cooperative Extension Service has partnered with the Carroll County Middle School for the Recipes for Life program. This year a new school was added with 24 more students. Nearly 160 students participated in the program, which addresses the development of life skills such as nutrition education, food preparation and safety, cooking, and math and science. The Agriculture and Natural Resource agent, the 4-H Youth Development agent, and the Family and Consumer Sciences agent participated in the program, along with 15 other Homemaker and Extension volunteers. Students divided into groups of five, and each group made two recipes for everyone to try. A pretest and post-test were given to the students. Nutrition knowledge improved from 10.39 in the pretest to 13.03 in the post-test, out of a maximum score of 17. Similarly, cooking self-efficacy increased from 25.37 in the pretest to 28.06 in the post-test, out of 32. Also, attitudes toward cooking improved from 29.53 in the pretest to 31.60 in the post-test, out of 35. After the program, most of the students agreed they would eat more fruits and vegetables, try new foods, and help prepare food at home.



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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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