



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 **5,009** Clark County residents lived in poverty, and an estimated **1,595** 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, **32.9%** of Clark County's adult population were considered obese, and **27.5%** 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, 6,317 contacts were made with Clark County residents who participated in nutrition education programming.

Our Results

IN CLARK COUNTY

Lifestyle improvements

In 2019, 98% of adult participants made a positive change in food group choices and 92% showed improvement in one or more food safety practices. In addition, 92% showed improvement in one or more food resource management practices and 89% made changes to be more physically active. Youth participants also experienced behavior changes, with 97% improving their ability to choose healthy foods.

Our Success

Healthier Meals for Clark County

Parents have very hectic schedules and are often too busy to prepare healthy meals for their teens or teach them to cook. Instead, teens often consume convenience foods such as microwaveable meals, pizza, and sugary drinks. Working with the Migrant Education Program director, our Nutrition Education Program assistant provided a six-week Life Skills Workshop using the Teen Cuisine curriculum, a cooking and nutrition education program for teens provided by Virginia Cooperative Extension Service. Using this curriculum, students learned to use a Daily Food Plan, which included foods from MyPlate and taught them how to measure wet and dry ingredients, read a recipe, chop fruits and vegetables, and follow food safety guidelines to prevent cross contamination. Students prepared several dishes from the curriculum using techniques they were taught. Students stated they would use the cooking skills they learned to prepare healthier meals with their families.



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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