



## 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 **2,036** Edmonson County residents lived in poverty, and an estimated **551** 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, **32.4%** of Edmonson County's adult population were considered obese, and **24.9%** 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, **8,758** contacts were made with Edmonson County residents who participated in nutrition education programming.

## Our Results

### IN EDMONSON COUNTY

#### Lifestyle improvements

In 2019, **99%** of adult participants made a positive change in food group choices and **96%** showed improvement in one or more food safety practices. In addition, **99%** showed improvement in one or more food resource management practices and **96%** made changes to be more physically active. Youth participants also experienced behavior changes, with **97%** improving their ability to choose healthy foods.

## Our Success

### Nutrition Through Facebook

**E**dmonson County is in rural south central Kentucky. Due to the lack of public transportation, limited program facilities, and residents leaving the county for work, the Healthy Choices for Every Body Live was developed to overcome those barriers. The Healthy Choices for Every Body curriculum has been taught via Facebook live videos in a private Facebook group since October 2016. The Edmonson County Family and Consumer Sciences agent and the SNAP-Ed assistant created a schedule for Facebook live lessons. Participants were encouraged to watch live, but they did have the option to watch later at their own convenience. Each lesson consisted of the materials, online visuals, and a food demonstration. Participants were also given the opportunity to ask the SNAP-Ed assistant questions live and were able to provide feedback. At the end of the series, participants attended a meet-and-greet in person, had a recipe tasting, and received their reinforcement items, such as cooking utensils for completing the program. The program had a 100% graduation rate and was cost effective. Participants did not have to travel to a class, and the SNAP-Ed assistant only had to make one recipe for demonstration verses several for samples.



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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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



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