



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 **3,498** Estill County residents lived in poverty, and an estimated **911** 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, **39.2%** of Estill County's adult population were considered obese, and **33%** 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, 10,572 contacts were made with Estill County residents who participated in nutrition education programming.

Our Results

IN ESTILL COUNTY

Lifestyle improvements

In 2019, 93% of adult participants made a positive change in food group choices and 81% showed improvement in one or more food safety practices. In addition, 98% showed improvement in one or more food resource management practices and 88% made changes to be more physically active. Youth participants also experienced behavior changes, with 84% improving their ability to choose healthy foods.

Our Success

Fit for Life

Fit for Life was a 12-week educational collaboration with the Estill County Health Department designed to teach residents to make healthier choices and be more active. The curriculum included lesson plans from the UK Healthy Choices for Every Body curriculum; easy, healthy recipes for the families to taste; and reinforcements to try at home. The program had 21 women and six men. The first initial food survey indicated the families lacked fruits and vegetables in their diets, they were consuming too much soda, and they were not active. The lessons focused on fruits and vegetables and the importance of drinking enough water and the health problems soda can cause. They also covered the importance of being active for at least 30 minutes most days of the week. The class met weekly for an hour. After 12 weeks, a second food survey was taken with results that showed that the men and women participating were including more fruits and vegetables in their diets, drinking more water, and being more active. A few of the participants said they felt better being more active and drinking more water. A few participants also joined a local walking group to get more exercise.



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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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