



## 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 **50,981** Fayette County residents lived in poverty, and an estimated **11,342** 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, **28.1%** of Fayette County's adult population were considered obese, and **21.4%** 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, 23,238 contacts were made with Fayette County residents who participated in nutrition education programming.

## Our Results

### IN FAYETTE COUNTY

#### Lifestyle improvements

In 2019, 97% of adult participants made a positive change in food group choices and 90% showed improvement in one or more food safety practices. In addition, 93% 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 83% improving their ability to choose healthy foods.

## Our Success

### Commodity Box Recipes

According to a 2018 report by the United Health Foundation, food insecurity increased 18% in Kentucky from 2017, putting the state nearly 4% above the national average (America's Health Rankings, 2019). The SNAP-Ed assistant from the Fayette County Cooperative Extension Office partnered with Briarwood, a senior living facility, to tackle this problem by providing nutrition education classes to residents on site. Through the course of the Healthy Choices for Every Body curriculum, participants were shown how to make recipes from ingredients in their commodity boxes. They were also instructed on how to best preserve foods, meal plan, and stretch their dollars at the grocery store. The recipes given to the class were all focused on high nutritional content as well as a low cost per serving. Upon completing the program, 100% of the participants showed improvement on their food resource management skills since the first class as evidenced by their responses on the surveys administered at the first and last class. Furthermore, 80% improved more than one measure of food resource management. These results show a dramatic impact on the self-sufficiency of participants, who are now better able to manage their resources.



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



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