



## 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 **2,499** Fleming County residents lived in poverty, and an estimated **874** 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, **33.9%** of Fleming County's adult population were considered obese, and **29.8%** 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, **18,999** contacts were made with Fleming County residents who participated in nutrition education programming.

## Our Results

### IN FLEMING COUNTY

#### Lifestyle improvements

In 2019, **98%** of adult participants made a positive change in food group choices and **55%** showed improvement in one or more food safety practices. In addition, **93%** 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 **82%** improving their ability to choose healthy foods.

## Our Success

### Healthier Senior Citizens in Fleming County

**T**he Fleming County Cooperative Extension Service staff visits the Senior Center several times each month. The average daily attendance is 35-40 people. During a visit, the SNAP-Ed assistant taught the Salt and Sodium lesson from the Healthy Choices curriculum. It hit close to home. After the assistant showed how much salt bodies need daily to function, one tenth of a teaspoon, the group was shocked. They knew it wasn't much but had no idea it was so little. The assistant handed out boxes or cans and asked participants to find the salt in a meal consisting of tuna-noodle skillet, green beans, a corn muffin, and vanilla pudding. Over one half teaspoon was the final amount. The SNAP-Ed assistant handed out more containers, and a label-reading lesson was given on finding each food's sodium content. Some said it was hard to believe how much salt they consumed daily. The SNAP-Ed assistant discussed how to reduce salt intake, and fresh fruit was passed out as an incentive to change habits. With many participants saying they were going to be more aware of the amount of salt in the foods they eat, this lesson was a success.



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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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