



## 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 11,536 Floyd County residents lived in poverty, and an estimated 3,063 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, 41% of Floyd County's adult population were considered obese, and 35.8% 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, 3,249 contacts were made with Floyd County residents who participated in nutrition education programming.

## Our Results

### IN FLOYD COUNTY

#### Lifestyle improvements

In 2019, 100% of adult participants made a positive change in food group choices and 96% showed improvement in one or more food safety practices. In addition, 93% showed improvement in one or more food resource management practices and 93% made changes to be more physically active. Youth participants also experienced behavior changes, with 94% improving their ability to choose healthy foods.

## Our Success

### Cook Together, Eat Together

With 32% of Floyd County residents living below the poverty line in 2017, according to U.S. Census Bureau data, food insecurity continues to be an issue in Floyd County. In partnership with the Floyd County Health Department, the Floyd County Family and Consumer Sciences program offered the Cook Together, Eat Together program at a local food pantry and soup kitchen. The food pantry and soup kitchen are open on Tuesdays to provide families and individuals with food supplies and a warm meal. This three-week series consisted of basic nutrition information, budgeting, growing produce, and basic cooking skills and safety. Each week, there was a lesson and recipe from the Cook Together, Eat Together cookbook. Recipes were adapted to items the food pantry had available, and those recipes were printed out to fix at home. This gave participants ideas on how to prepare the food they are given. Ten individuals attended the program. As a result of the program, 100% of the individuals said they gained proper food safety and cooking skills, learned basic budgeting and nutrition information, and were confident in adapting recipes to what they had available.



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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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