



## 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 **6,663** Franklin County residents lived in poverty, and an estimated **2,001** 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, **32.9%** of Franklin County's adult population were considered obese, and **23.5%** 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, **10,800** contacts were made with Franklin County residents who participated in nutrition education programming.

## Our Results

### IN KENTUCKY

#### Lifestyle improvements

In 2019, **97%** of adult participants made a positive change in food group choices and **83%** showed improvement in one or more food safety practices. In addition, **92%** 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 **87%** improving their ability to choose healthy foods.

## Our Success

### Healthier Youth in Franklin County

**F**ranklin County Family and Consumer Sciences agent partnered with Kings Center, a faith-based, non-profit community center that serves youth from first grade to high school. To promote proper nutrition, the Franklin County agent and three community volunteers offered two days of cooking instruction to children ages 10-14. Encouraged by the youth, the Kings Center staff decided to help with food preparation. Each day began with an educational component, followed by hands-on cooking experiences. The children were taught proper hand-washing, the basics of MyPlate, measuring skills, knife skills, how to read recipes, and tasted a variety of fruits and vegetables. They also were introduced to baking. They prepared smoothies, roasted vegetables, cooked chicken, assembled a salad incorporating fruit and vegetables, made homemade pizzas, and baked cookies. The camp ended with each child receiving a bag with kitchen incentives, all the recipes used, and a Chop Chop magazine. Participants shared the following comments: "I was surprised it tasted good and was easy to make. I'm not afraid to help cook at home anymore." "It was fun. I thought that it would be boring, but it was fun." "I was really proud of myself to know that I can cook a whole meal."



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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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