



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 **2,943** Garrard County residents lived in poverty, and an estimated **909** 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, **34.8%** of Garrard County's adult population were considered obese, and **29.3%** 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, **2,888** contacts were made with Garrard County residents who participated in nutrition education programming.

Our Results

IN GARRARD COUNTY

Lifestyle improvements

In 2019, **100%** of adult participants made a positive change in food group choices and **91%** showed improvement in one or more food safety practices. In addition, **93%** showed improvement in one or more food resource management practices and **84%** made changes to be more physically active. Youth participants also experienced behavior changes, with **99%** improving their ability to choose healthy foods.

Our Success

Healthier People in Garrard County

The Family and Consumer Sciences Extension agent has been conducting cooking classes for the past six years to teach food resource management, food safety, and food preparation. The goal is for participants to learn about affordable, healthy, and nutritious food, and to make healthy choices when purchasing, preparing, and consuming food. A recent post-class survey indicates a very good understanding of safe food handling, but suggests that perhaps more focus should be provided on reading/understanding food labels and using more easy-to-prepare recipes with vegetables. Some results are as follows: 29% reported eating vegetables two or more times a day; 42% reported eating vegetables as a snack one to three days during a week; 83% reported always or most of the time washing hands before preparing food; 54% reported reading food labels always or most of the time; 83% reported always or most of the time washing fruits and vegetables before eating; and 96% reported always or most of the time refrigerating foods quickly after making dishes or food.



University of Kentucky
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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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