



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 **3,391** Grant County residents lived in poverty, and an estimated **1,332** 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, **37.7%** of Grant County's adult population were considered obese, and **29.6%** 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, **8,920** contacts were made with Grant County residents who participated in nutrition education programming.

Our Results

IN GRANT COUNTY

Lifestyle improvements

In 2019, **93%** of adult participants made a positive change in food group choices and **86%** showed improvement in one or more food safety practices. In addition, **75%** 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 **92%** improving their ability to choose healthy foods.

Our Success

Simple Snacks a Hit in Grant County

Approximately 2,408 families receive SNAP benefits of \$304 per month in Grant County, and all of Grant County Schools' students receive free lunch. The SNAP-Ed program, in conjunction with the Sherman Elementary School Family Resource Center, worked with third-graders on making better nutritional choices. Since many parents work, the SNAP-Ed assistant, the Sherman Family Resource Center, teachers, and Master Food Volunteers taught the students, after school, to prepare snacks and recipes from the Nutrition Education Program calendar. Students were instructed from the Professor Popcorn curriculum about MyPlate, food safety, physical activity, and hand-washing. They also learned kitchen safety. The students practiced reading recipes, measuring, comparing food labels, and recognizing the food groups from MyPlate. They were instructed on making healthy recipes for snacks and simple meals. By the end of the series, students could read recipes, compare labels, prepare simple snacks, and practice correct hand-washing. Also, 60% of the students ate more vegetables as snacks, 50% ate more fruit as snacks, 70% more read nutrition labels, and 63% improved washing fruits and vegetables. When asked, 100% of the students had prepared at least one recipe at home with only adult supervision.



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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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