



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 **6,396** Graves County residents lived in poverty, and an estimated **2,161** 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, **35%** of Graves County's adult population were considered obese, and **32.3%** 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, 431 contacts were made with Graves 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

Learn by Doing

Studies show children who help cook at home are more likely to enjoy fruits and veggies than those who don't cook. This summer the Graves County Extension 4-H program offered 20 junior 4-Hers the opportunity to work with UK SNAP-Ed interns and learn how to sauté, dice, chop, roast, and whip! The 9- to 12-year-olds gained hands-on cooking experience and were introduced to new foods and recipes as they prepared healthy dishes like fresh salsa, fruity parfaits, tasty veggie pizza, and oven-baked calzones. During the three-day program, participants learned cooking skills and how to make healthy choices while tasting new recipes and gaining confidence in the kitchen. Skill in the kitchen and student goals varied; some wanted to just learn to make an after-school snack, and others dreamed of becoming professional chefs. However, everyone had a great time. All 20 students indicated they tried new foods, and they all indicated in a follow-up survey they had used skills learned in the summer cooking class at home. 4-H programs are geared toward learning by doing. By providing children the opportunity to learn these valuable life skills, while being exposed to healthy habits, will help them grow into healthy adults.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



PlanEatMove.com



Facebook.com/KYNEP



YouTube.com/UKKYNEP