



## 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 **2,021** Green County residents lived in poverty, and an estimated **599** 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, **36.7%** of Green County's adult population were considered obese, and **31.9%** 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, 9,914 contacts were made with Green 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

### Super Star Chef Comes to Green County

Kentucky ranks third highest in the nation for youth obesity. Recent research indicates teaching cooking skills to children encourages healthier food choices, which can lower obesity rates. This summer, 14 students participated in the Super Star Chef program to learn cooking skills, food safety, and kitchen safety. They completed a pretest and post-test to examine the impact of the program on their nutrition knowledge and cooking self-efficacy. Overall, pre-post comparisons of participant responses to the assessment showed the program enhanced participant understanding of the nutrition concepts covered in the program. The average total score on the test increased from 7 in the pretest to 12.50 in the post-test (out of a maximum of 13). The tests also included seven items that measured participants' cooking self-efficacy, and analysis showed their scores increased from 29.29 in the pretest to 33.93 in the post-test (out of a maximum of 36). Additionally, the post-test included a self-assessment of participants' intentions to make healthy nutritional choices and be more physically active after participating in the Super Star Chef program. All of the respondents reported they can identify healthy foods, plan to eat more fruits, and plan to try new foods.



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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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