



## 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 **5,609** Greenup County residents lived in poverty, and an estimated **1,663** 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, **39.6%** of Greenup 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, 13,331 contacts were made with Greenup County residents who participated in nutrition education programming.

## Our Results

### IN GREENUP COUNTY

#### Lifestyle improvements

In 2019, 100% of adult participants made a positive change in food group choices and 100% showed improvement in one or more food safety practices. In addition, 100% showed improvement in one or more food resource management practices and 100% made changes to be more physically active. Youth participants also experienced behavior changes, with 98% improving their ability to choose healthy foods.

## Our Success

### Down on the Farm

The Greenup County Extension Family and Consumer Sciences agent partnered with the Greenup County 21st Century program to assist in educating youth during a weeklong day camp highlighting the theme “Down on the Farm.” The Greenup County Family and Consumer Sciences agent taught knife safety skills, kitchen safety, measuring skills, how to read a recipe, hand-washing, and the basics of cooking. Each day a different theme was highlighted, from All about Dairy and Everything Egg to All About Tomatoes. Forty-seven students participated. Each day during hands-on cooking sessions, they built on the skills learned the previous day. In each session, the students learned about the animals/plants used in the recipes and gained firsthand information about where the food items originated. The students were able to see live chickens lay eggs, milk a dairy cow, and plant their own tomato plants. The Extension Office compiled the recipes students made to be sent home and shared with their families. Students said they were glad they participated and had learned new things they were able to put to use.



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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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