



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 **10,875** Harlan County residents lived in poverty, and an estimated **2,947** 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, **34.5%** of Harlan County's adult population were considered obese, and **35.2%** 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, **38,006** contacts were made with Harlan County residents who participated in nutrition education programming.

Our Results

IN HARLAN 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 **100%** improving their ability to choose healthy foods.

Our Success

Keep Walking Harlan County

According to the Kentucky County Healthcare Profiles, 32.5% of Harlan County adults are obese, 15.3% have diabetes, and 27% say their health is fair or poor. In overall health, Harlan ranks 114th in the state. Harlan County Extension promoted an eight-week walking program, challenging participants to walk or be active at least three days a week for 30 minutes. The Get Moving Kentucky program educated community members on the importance and benefits of exercise and healthier eating choices. The program drew 850 participants. Of those, 83% completed the program. The participants turned in weekly logs that described their activity and its length. The Extension office offered simple walking exercises as well as chair exercise once a week. Combined, participants had 105,424 minutes of exercise, whether it was walking, biking, running, swimming, or exercise classes. Other stats included: 138 stated the program helped them begin to exercise; 130 increased exercise; 42 were able to find a group to be active in; 81 stated it kept them going and held them accountable; 46 participants said it increased time with their families; 68 said it helped to motivate family and friends to join in; 126 had increased energy; and 77 decreased sedentary time.



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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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