



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 **2,418** Henry County residents lived in poverty, and an estimated **747** 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, **32.9%** of Henry County's adult population were considered obese, and **28.5%** 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, 10,179 contacts were made with Henry 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

Henry County Harvest Showcase

Since 1999, volunteers and agricultural leaders have hosted the Henry County Harvest Showcase, a festival that features only crafts, produce, and meat produced in Henry County by Henry County agricultural producers. For the 2018 Harvest Showcase, an estimated 3,000 individuals attended and were able to purchase local produce from over 10 vendors, local crafts from over 15 vendors, local meat from three vendors, and visit the agricultural arena to learn about horses, livestock, chickens, local water sheds, and other agricultural issues. Also, attendees were able to eat locally produced food from seven different food vendors, ranging from burgers from the Henry County Cattlemen's Association to ice cream from the Rotary Club. Other attractions included live music from local bands, an antique tractor parade, and a kiddie pedal tractor pull. Many agricultural vendors said the Harvest Showcase was their best day of the year for selling their goods and sold more products there than many weeks throughout the year. The Henry County Extension has been part of the Harvest Showcase for years in helping in the planning of the festival, managing volunteers, finding agricultural products for food vendors, and running the educational events in the agricultural arena.



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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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