



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 **821** Hickman County residents lived in poverty, and an estimated **244** 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, **34.6%** of Hickman County's adult population were considered obese, and **32.4%** 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, **19,085** contacts were made with Hickman County residents who participated in nutrition education programming.

Our Results

IN HICKMAN COUNTY

Lifestyle improvements

In 2019, **100%** of adult participants made a positive change in food group choices and **88%** showed improvement in one or more food safety practices. In addition, **93%** showed improvement in one or more food resource management practices and **91%** made changes to be more physically active. Youth participants also experienced behavior changes, with **94%** improving their ability to choose healthy foods.

Our Success

Healthy People in Hickman County

The Hickman County Nutrition Education Program paraprofessional taught 42 limited resource families how to serve more nutritious meals, keep food safe, and use local food resources effectively. Nearly all of the NEP families experienced a positive change from increasing their nutrition by eating from all food groups. Of the families that graduated, 67% improved their diet quality by consuming more fruits and vegetables, by drinking fewer sugary beverages, and by preparing meals at home. Nearly 70% of families increased the number of days they engaged in physical activity, strength training, or made changes in their daily routine. Almost 70 percent demonstrated improvement in safe food-handling practices and hand-washing. In addition, 65% of families increased their food resource management skills by preplanning meals, checking the food on hand, and using a grocery list. And, 60% improved food security by decreasing the frequency of having to eat less or do without, and increasing their knowledge of budgeting and food availability. One client said: "I never thought about how the amount of food I was feeding my family decreased my budget. Now through making sure everyone has proper serving sizes, I have more food to last through the month."



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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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