

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. 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 **8,521** Hopkins County residents lived in poverty, and an estimated **2,579** 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, **35**% of Hopkins County's adult population were considered obese, and **30.2**% 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, **6,860** contacts were made with Hopkins County residents who participated in nutrition education programming.

Our Results

IN HOPKINS COUNTY

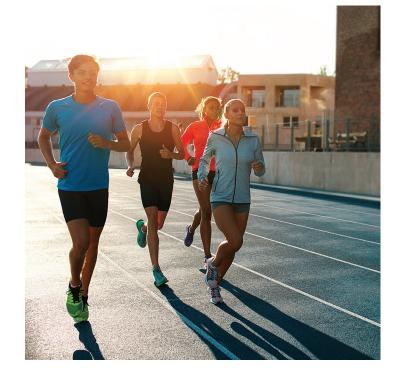
Lifestyle improvements

In 2019, 97% of adult participants made a positive change in food group choices and 80% showed improvement in one or more food safety practices. In addition, 94% showed improvement in one or more food resource management practices and 92% made changes to be more physically active. Youth participants also experienced behavior changes, with 96% improving their ability to choose healthy foods.

Our Success

More Physical Activity for Hopkins County

ccording to the CDC, Kentucky has the fifth-highest rate of obesity in the nation. Approximately 17% (or 12.5 million) of youth ages 2-19 years are obese (National Health and Examination Survey). In addition, excess calorie intake and lack of physical activity have been linked to obesity. According to the CDC, only 22% of Kentucky teens are physically active 60 minutes a day, seven days a week. The SNAP-Ed assistant in Hopkins County collaborated with the Larry Carney Center to teach a series of nutrition education classes. The Professor Popcorn curriculum comprises six lessons that include food safety, the five food groups, and a physical activity component. After the six lessons were taught, students improved their ability to choose healthy foods according to federal dietary guidelines. The youth now use safe food-handling practices, like washing their hands before they eat. Furthermore, the youth increased their daily physical activity to 60 minutes. This is a huge accomplishment since the majority of the youth said they normally would play video games instead of playing outside.



University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

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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University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service

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