



## 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 5,033 Knott County residents lived in poverty, and an estimated 1,283 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, 39.2% of Knott County's adult population were considered obese, and 37.4% 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, **11,816** contacts were made with Knott County residents who participated in nutrition education programming.

## Our Results

### IN KNOTT COUNTY

#### Lifestyle improvements

In 2019, **95%** of adult participants made a positive change in food group choices and **82%** 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 **72%** improving their ability to choose healthy foods.

## Our Success

### Learning Good Nutrition

**D**rug addiction is a growing issue in Knott County. The Knott County Drug Court provides rehabilitation to clients by helping them maintain sobriety, find work, and be well. In partnership with the Knott County Extension Office, drug court clients attended seven SNAP-Ed lessons. The goal was to reestablish positive relationships with food by regaining good nutritional habits. As a result, all the clients reported they had developed nutritional practices such as planning meals, reading labels, or making foods without salt. The participants also enjoyed lessons on resource management, and 86% began using these practices, such as comparing prices, using a grocery list, and checking cabinets before compiling a grocery list.



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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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