



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 **1,406** Livingston County residents lived in poverty, and an estimated **432** 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, **32.5%** of Livingston County's adult population were considered obese, and **32.2%** 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, 4,767 contacts were made with Livingston County residents who participated in nutrition education programming.

Our Results

IN LIVINGSTON COUNTY

Lifestyle improvements

In 2019, 95% of adult participants made a positive change in food group choices and 64% showed improvement in one or more food safety practices. In addition, 95% showed improvement in one or more food resource management practices and 79% made changes to be more physically active. Youth participants also experienced behavior changes, with 82% improving their ability to choose healthy foods.

Our Success

Families Become More Healthy Because of Nutrition Programs

The Livingston County Nutrition Education Program paraprofessional taught 77 limited resource families how to serve more nutritious meals, keep foods safe, and utilize local food resources effectively. Most of these families improved the nutritional quality of their diets, and graduate families consumed a diet of higher quality because they planned meals using MyPlate, considered healthy choices, and read the Nutrition Facts labels. Also, 10% of families increased their frequency of moderate physical activity to 30 minutes per day, and 46% of families demonstrated an improvement in safe food-handling practices and hand-washing behavior. More than half of the families learned to plan meals ahead of time and used a grocery list to guide food selections. A 33% improvement was shown in the ability to compare foods, and nearly half of the families were better able to afford food.



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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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