



## 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 4,780 Logan County residents lived in poverty, and an estimated 1,544 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, 37.4% of Logan County's adult population were considered obese, and 32.1% 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, 7,550 contacts were made with Logan County residents who participated in nutrition education programming.

## Our Results

### IN LOGAN COUNTY

#### Lifestyle improvements

In 2019, **98%** of adult participants made a positive change in food group choices and **86%** showed improvement in one or more food safety practices. In addition, **97%** showed improvement in one or more food resource management practices and **95%** made changes to be more physically active. Youth participants also experienced behavior changes, with **91%** improving their ability to choose healthy foods.

## Our Success

### Tips to Smarter Snacking Taught

According to data from the Barren River District Health Department, Logan County ranks 39th out of the 120 Kentucky counties in health and has an obesity rate of 36%. Studies have shown that healthy eating habits contribute to better overall health and a lowered risk of chronic diseases. The Logan County Family and Consumer Sciences Extension agent taught What's New in Healthy Snacks to homemakers in the Mammoth Cave area to address how smarter snacking can contribute to a healthy eating plan and taught participants to identify healthy snack options. Homemakers completed a post-lesson evaluation and indicated the following: 95% of participants felt more knowledgeable about how smarter snacking can contribute to a healthy eating plan; 82% viewed planning ahead, portion control, and checking food labels as tips to snack smarter; and 95% felt able to identify healthy snack options. Some homemaker comments following the lesson included: "I will start planning my snack schedule," and "Yes, I would like to share smarter snacking information with my kids for my grandkids."



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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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