



## 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 **9,743** Madison County residents lived in poverty, and an estimated **3,018** 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, **31.7%** of Madison County's adult population were considered obese, and **27.4%** 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, **29,021** contacts were made with Madison County residents who participated in nutrition education programming.

## Our Results

### IN MADISON COUNTY

#### Lifestyle improvements

In 2019, **98%** of adult participants made a positive change in food group choices and **79%** showed improvement in one or more food safety practices. In addition, **87%** showed improvement in one or more food resource management practices and **85%** made changes to be more physically active. Youth participants also experienced behavior changes, with **81%** improving their ability to choose healthy foods.

## Our Success

### After School Cooking Club a Success

Life skills classes in middle school have proven to be very beneficial to students as they head into high school and eventually onto an independent life. One middle school in Madison County took this to the next level by offering an after-school cooking club to students who don't have the opportunity to take a life skills class during the school day. The cooking club is a partnership between the SNAP-Ed assistant and the Family Resource Center director. The seven-week program teaches proper hand-washing and food safety, measuring, MyPlate, meal planning, table etiquette, and basic cooking to all interested students in middle school. The students who participated demonstrated their newfound skills by planning, cooking, and serving a dinner to their families at the end of the class. All participants showed improvement in one or more areas. There was also a 100% improvement in dietary guideline recommendations, 80% improvement in hand-washing, and an 80% improvement in safe food-handling practices. The students have shown how important these skills are for their future success.



University of Kentucky  
Nutrition Education Program  
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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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