



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 **5,404** Magoffin County residents lived in poverty, and an estimated **1,679** 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, **35.8%** of Magoffin County's adult population were considered obese, and **35.2%** 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, 7,970 contacts were made with Magoffin County residents who participated in nutrition education programming.

Our Results

IN MAGOFFIN COUNTY

Lifestyle improvements

In 2019, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **100%** showed improvement in one or more food resource management practices and **100%** made changes to be more physically active. Youth participants also experienced behavior changes, with **98%** improving their ability to choose healthy foods.

Our Success

Patchworks Playdates Group and Parents Learn Cooking Skills

Only 123 children ages 4-6 in Magoffin County are enrolled in or eligible for Head Start. The SNAP-Ed assistant senior has been partnering with the Agriculture and Natural Resources educator and Family and Consumer Sciences educator to present a program to help prepare other children for kindergarten. Patchworks Playdates meets monthly for two hours. Over 20 youth participate, along with their parents, caregivers, and/or grandparents. During each session, parents/caregivers and children join in an interactive cooking and craft activity to reinforce positive child development. The program focuses on literacy and better nutrition through activities with LEAP curriculum, science activities, art, music, and physical activity. Parents are also provided a monthly newsletter, nutritious recipes, and parenting literature to help reinforce the concepts at home. The program is evaluated by observation and testimonials. Parents have reported a change in social skills and language development in their children. Fifty percent of the participating families have had no prior experience with Cooperative Extension. As a result, a new Extension Homemaker club was started to help the children who have aged out continue their involvement with Extension programs. This program will continue in the future and long-term outcomes will be evaluated.



University of Kentucky
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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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