



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 **2,335** Metcalfe County residents lived in poverty, and an estimated **828** 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, **32.4%** of Metcalfe County's adult population were considered obese, and **30.5%** 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, 5,077 contacts were made with Metcalfe County residents who participated in nutrition education programming.

Our Results

IN METCALFE 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, **95%** showed improvement in one or more food resource management practices and **88%** made changes to be more physically active. Youth participants also experienced behavior changes, with **98%** improving their ability to choose healthy foods.

Our Success

Nutrition Classes Come to Facebook

Many people in Metcalfe County don't have access to nutrition classes. There are various reasons for this, including lack of transportation and other obligations, including jobs. In an effort to reach an audience that has not been able to previously access nutrition education classes, the SNAP-Ed assistant offered classes via Facebook Live. The assistant recruited 10 participants and conducted the Healthy Choices for Every Body curriculum by offering a class at the same time every Monday for seven weeks. At the end of the series, the assistant gave participants bags with incentive items and recipes they would have gotten in a classroom situation. Adults in the group showed improvements in several key areas despite never having face-to-face class time with the instructor or each other. The biggest changes in behavior came from two different areas. First, the physical activity level of the group increased. On entry, 25% of the group exercised for the recommended 30 minutes five days a week. On exit, 63% met the recommendation. Diet quality also improved with 63% eating fruit more often and 86% eating the recommended amount at exit, compared with only 50% doing this at entry.



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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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