



## 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 **3,418** Morgan County residents lived in poverty, and an estimated **821** 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, **36.7%** of Morgan County's adult population were considered obese, and **34.5%** 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, 20,501 contacts were made with Morgan County residents who participated in nutrition education programming.

## Our Results

### IN MORGAN 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 100% improving their ability to choose healthy foods.

## Our Success

### Saving Money on Food

Food insecurity in Kentucky is 14.7%. An estimated 3,109 of Morgan County residents live in poverty, and 878 of them are children under 18. Through the Expanded Food and Nutrition Education Program, classes on saving money on food were provided to adult groups. An entry and exit food recall was given to each group member. Having enough money for food at entry was 0% and at exit was 20%, meeting recommendations. Cooking at home at entry was 65%, and 100% were cooking dinner at home at exit. Comparing food prices entry started at 35% and at exit was 100%. At entry, only 5% prepared a shopping list, with a 100% doing so at exit. Overall, cooking at home most days a week, comparing food prices, planning meals, and checking the refrigerator and/or pantry before going shopping showed a 95% change. In 2018, Morgan County residents with limited resources participated in nutrition education lessons with 98% improving their ability to choose healthy foods.



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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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