



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 **1,318** Nicholas County residents lived in poverty, and an estimated **460** 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, **34.9%** of Nicholas County's adult population were considered obese, and **31%** 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, 466 contacts were made with Nicholas County residents who participated in nutrition education programming.

Our Results

IN KENTUCKY

Lifestyle improvements

In 2019, 97% of adult participants made a positive change in food group choices and 83% showed improvement in one or more food safety practices. In addition, 92% showed improvement in one or more food resource management practices and 90% made changes to be more physically active. Youth participants also experienced behavior changes, with 87% improving their ability to choose healthy foods.

Our Success

Super Star Chef Comes to Nicholas County

The Super Star Chef program gave youth in Nicholas County an opportunity to attend a three-day program to learn the basics of cooking, nutrition, and fun!

There was a pre-and post-evaluation to see what was learned, and results show the program enhanced understanding of the nutrition concepts covered. Average total score on the test increased from 10.39 in the pretest to 13.33 in the post-test (out of a maximum of 15). The pretest and post-test included seven items that measured the youths' cooking self-efficacy. It also included eight self-assessment of learning gains items. These items asked the participants to indicate the extent to which they agreed or disagreed they learned the concepts described in each statement. All the respondents agreed/strongly agreed they learned how to wash their hands to remove germs, the correct way to hold a knife for cutting, how to measure ingredients, and how to read recipes. All but one respondent (94%) learned about the amount of fruits and vegetables they should have on their plates, how germs can be transferred to food, and how to read nutrition labels. Also, all but two respondents (89%) plan to eat more fruits and vegetables after participating in the 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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