



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 **4,180** Ohio County residents lived in poverty, and an estimated **1,360** 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, **37.2%** of Ohio County's adult population were considered obese, and **34.9%** 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, **19,980** contacts were made with Ohio 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

Perils of Obesity Taught in Ohio County

During the past 20 years, obesity rates in Kentucky have risen dramatically. One in five children is overweight. According to the CDC, obese children and teens are likely to be obese adults. They also have an increased risk for health conditions, such as heart disease, Type 2 diabetes, stroke, several types of cancer, and osteoarthritis. A collaborative effort formed between the Ohio County Extension Service, Ohio County Schools, Ohio County Health Care, and the Ohio County Health Council to educate young people on the perils of obesity. The Body Walk program shows the relationship between physical activity and healthy eating to reinforce positive health behaviors. Ohio County 4-H partnered with the seventh-grade Life Skills classes, and 387 youth received six hours of training to reinforce healthy lifestyle changes. Body Walk replicates the human body by providing 15 interactive educational stations that link healthy living with diet, good nutritional choices, and physical activity. As a result of Body Walk, students acquired new skills to determine how food affects their overall health (92%); learned the damaging effects of tobacco and e-cig products (98%); gained knowledge about healthy eating and exercise (100%); and understood how physical activity affects their overall good health (91%).



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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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