



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 **3,106** Oldham County residents lived in poverty, and an estimated **809** 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, **24.7%** of Oldham County's adult population were considered obese, and **20.8%** 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, 7,119 contacts were made with Oldham County residents who participated in nutrition education programming.

Our Results

IN OLDHAM COUNTY

Lifestyle improvements

In 2019, 95% of adult participants made a positive change in food group choices and 78% showed improvement in one or more food safety practices. In addition, 98% showed improvement in one or more food resource management practices and 97% made changes to be more physically active. Youth participants also experienced behavior changes, with 93% improving their ability to choose healthy foods.

Our Success

Teaching Nutrition Education Early in Life

Since behavior associated with obesity starts in the childhood years, it is important for children establish healthy eating habits. To help address this problem, a series of six lessons was conducted by the Oldham County Extension Service Expanded Food and Nutrition Education Program assistant in two Oldham County schools. The Organ Wise Guys was used to teach students how to make healthy nutrition choices and to establish healthy eating habits. Physical activity was also taught by the health/physical education teacher. A total of 216 kindergarteners and first-graders participated. Almost 95 percent of the youth improved their ability to make healthier nutrition choices. The teachers noted students were bringing healthier foods for snack time. The teachers also noted the students were helping their parents select healthier snacks.



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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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