



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 **1,683** Owen County residents lived in poverty, and an estimated **488** 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, **33.9%** of Owen County's adult population were considered obese, and **33.8%** 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, 4,586 contacts were made with Owen County residents who participated in nutrition education programming.

Our Results

IN OWEN 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, **96%** 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

Recipe for Life

Nearly 150 fifth-graders learned how to prepare and serve a formal five-course meal through Recipe for Life, a program aimed at returning families to the kitchen and dinner table. The program uses a practical hands-on approach to teach skills that can be applied not only at home as students' cook with their families but also to live as independent adults. When not helping students prepare the meal, volunteers taught them about nutrition, manners, and etiquette. Before the event, students submitted a family recipe to be compiled in a book, which each student received. One student said that while he cooks with his family, he realizes not everyone does. "I think it's good for kids to get a chance to learn about cooking. Some kids eat out every night and do not know what is in their food." Students shared what they took away from the day, and it was noted that 86% plan to eat more fruits, 80% plan to eat more vegetables, 86% plan to try new foods, and 89% plan to prepare food at home. In a pretest and post-test about nutrition, students on the average improved from 10.30 to 14.06, out of a maximum score of 17.



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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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