



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 **1,594** Owsley County residents lived in poverty, and an estimated **464** 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, **37.8%** of Owsley County's adult population were considered obese, and **26.6%** 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, **8,351** contacts were made with Owsley County residents who participated in nutrition education programming.

Our Results

IN OWSLEY COUNTY

Lifestyle improvements

In 2019, **100%** of adult participants made a positive change in food group choices and **88%** showed improvement in one or more food safety practices. In addition, **88%** 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 **95%** improving their ability to choose healthy foods.

Our Success

Give it a “Hello Bite”

Tasting a new food is not a very popular activity with adults or children. It seems to be too easy to draw a conclusion about a food based only upon its appearance. The Owsley County Expanded Food Nutrition Education Program assistant participated with the Save the Children program in a day camp held at Owsley County Elementary School. During this camp, children participated in different activities. The program assistant had the children prepare a pumpkin dip recipe. During this exercise, they were taught food safety, measuring skills, and how to follow a recipe. After the food preparation, the children had to give the recipe a “Hello Bite.” Many were reluctant based upon the color. Almost all of the children admitted they had never tasted pumpkin before. After taking the chance and giving the pumpkin dip a try, 93 percent of the children admitted it didn’t taste anything like they thought it would and it was a recipe they would prepare at home.



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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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