



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 **2,099** Pendleton County residents lived in poverty, and an estimated **699** 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, **36.4%** of Pendleton County's adult population were considered obese, and **29.4%** 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, **6,921** contacts were made with Pendleton County residents who participated in nutrition education programming.

Our Results

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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

Recipe for Life in Pendleton County

The Pendleton County Family and Consumer Science Extension agent in collaboration with six administrators and eight teachers from the Pendleton County School District, both the North and South Family Resource directors, and the local health department offered the Recipe for Life program to 217 fifth-graders. Forty adult and 40 high school students also volunteered, working with students in a hands-on setting. A pretest/post-test evaluation was conducted to determine learning outcomes. As a result of the program, students gained the following knowledge and skills: proper hand-washing, knife safety, kitchen safety, cross contamination safety, how to prepare and read a recipe, math skills to double or half a recipe, how to correctly measure dry and wet ingredients, time management skills for order of preparing recipes, manners, and MyPlate. At the completion of the program, students reported nutrition knowledge improved from 10.37 in a pretest to 13.37 in a post-test out of a score of 17. Similarly, cooking self-efficacy increased to 25.76 out of 32. Also, 85% strongly agreed they planned to eat more fruit, 75% agreed they plan to eat more vegetables, 90% planned to try new foods, and 92% planned to help more in the kitchen 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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



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