



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 **6,706** Perry County residents lived in poverty, and an estimated **1,969** 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, **39.7%** of Perry County's adult population were considered obese, and **32.3%** 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, 7,751 contacts were made with Perry County residents who participated in nutrition education programming.

Our Results

IN PERRY COUNTY

Lifestyle improvements

In 2019, **100%** of adult participants made a positive change in food group choices and **92%** showed improvement in one or more food safety practices. In addition, **100%** 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 **98%** improving their ability to choose healthy foods.

Our Success

Nutrition and Physical Activity

Studies show youth in Kentucky don't get their recommended daily nutrition and physical activity. The Perry County School District and Hazard Independent School District partnered with Perry County Extension office to do a series of six nutrition education classes and physical activities using the LEAP program for first-graders and the Farm to School program for eighth-graders. Students were challenged to try different recipes using MyPlate guidelines along with completing 30 minutes of physical activity each day. Upon arriving at class, they would share what new recipes they had tried and what physical activity they were now involved in and how they had enjoyed it. Several of the youth said they had never eaten vegetables before, but now understanding that prepackaged foods have more preservatives and knowing where their food comes from and how its production makes a difference in its taste, they enjoy vegetables. As a result of these programs along with other information, the Perry County School District and Hazard Independent School District, in conjunction with the Perry County Wellness Coalition, are applying for a wellness grant for the schools in the program.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension

 University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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.



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

