



## 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**.<sup>1</sup> 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.
<b>Total Poverty</b>	17.1%	13.4%
<b>Child Poverty</b>	22.1%	18.4%
<b>Food Insecurity</b>	14.7%	12.3%

In 2017, an estimated **16,502** Pike County residents lived in poverty, and an estimated **4,276** were children under 18.<sup>1</sup>

### Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet and physical inactivity.<sup>2</sup> 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%**).<sup>3</sup> 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.<sup>2</sup>

In 2015, **40.1%** of Pike County's adult population were considered obese, and **34.6%** were considered physically inactive.<sup>4</sup>

## 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, 41,279 contacts were made with Pike County residents who participated in nutrition education programming.

## Our Results

### IN PIKE COUNTY

#### Lifestyle improvements

In 2019, 99% of adult participants made a positive change in food group choices and 97% showed improvement in one or more food safety practices. In addition, 97% 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 91% improving their ability to choose healthy foods.

## Our Success

### Knowledge is Power in Nutrition Education

The Pike County Cooperative Extension Service's Expanded Food Nutrition Educational Program partnered with WestCare Rehabilitation program to teach the Healthy Choices for Every Body curriculum to female clients at Pike County Detention Center. The program provided seven or more nutrition lessons that included MyPlate, eating better on a budget, and reading food labels, as well as teaching about food groups. Participants learned portion control along with meal planning, food safety, and limiting sugar, salt, and oils. All 14 people who entered the program graduated. Ninety-one percent of graduates improved their diet quality, and 93% improved their physical activity. Eighty percent improved their food safety practices, while 91% improved their food resource management. Clients were eager to share what they had learned. One said: "I am confident that I can budget and eat the right portions and eat healthier with the knowledge I have learned from this class." Another wrote: "By sticking to my list once I'm at the store, I won't overspend and buy unnecessary things."



University of Kentucky  
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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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