



## 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 **2,973** Powell County residents lived in poverty, and an estimated **1,013** 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, **36.9%** of Powell County's adult population were considered obese, and **32.5%** 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, 9,997 contacts were made with Powell County residents who participated in nutrition education programming.

## Our Results

### IN POWELL COUNTY

#### Lifestyle improvements

In 2019, **100%** of adult participants made a positive change in food group choices and **98%** showed improvement in one or more food safety practices. In addition, **98%** showed improvement in one or more food resource management practices and **98%** made changes to be more physically active. Youth participants also experienced behavior changes, with **90%** improving their ability to choose healthy foods.

## Our Success

### Grandparents Learn Nutrition Skills

Several grandparents in Powell County find themselves having to raise their grandchildren or other children in their family. Most of these grandparents are on a fixed income and have a hard time just trying to feed themselves. They simply don't have the resources to purchase healthy foods for their families, and they sometimes run low or even out of food before the end of the month. The Powell County Extension Service, working through the SNAP-Ed assistant, taught these grandparents (as a group) lessons such as MyPlate, meal planning, and budgeting foods with store and digital coupons to help their families make the most of their resources. One grandparent had been coming to the classes and wanted to learn how to eat healthier, not only for herself but to also teach her grandchild healthy habits. After the last class, she raised her hand and proudly told the group she had learned to stretch her resources, was eating much healthier, and even started walking with her grandchild at the local park as an activity.



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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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