



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 **438** Robertson County residents lived in poverty, and an estimated **131** 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, **34.3%** of Robertson County's adult population were considered obese, and **28.2%** 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, **859** contacts were made with Robertson County residents who participated in nutrition education programming.

Our Results

IN KENTUCKY

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

Growing Your Own Food

Eastern Kentucky has the nation's highest rate of food insecurity. In Robertson County, 340 individuals (15.6% of its population) are not sure where their next meal will come from. Interest has steadily grown from clientele wanting to know how they can become more self-sufficient by growing their own food. Agriculture and horticulture agents in Eastern Kentucky have observed more requests from small backyard fruit growers for guidance. To efficiently reach a large audience, the District 1 Agriculture and Horticulture agents designated a committee to coordinate an educational series. The Robertson County Extension Service and the other District 1 agents partnered with UK specialists to present a backyard small fruit production series of three online programs addressing general production, small fruit disease and insects, and tree fruits. In addition, they partnered with Morehead State University at Browning's Orchard to offer hands-on pruning demonstrations. Throughout the web-based series, participants recognized the importance of soil testing and soil preparation, which allowed them to select the best site for planting (97%). They discovered new information about diseases that impact small fruits and created a treatment plan (95%). The participants identified small fruit insects, matched control methods, and created a plan for treatment (95%).



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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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