



## 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 **5,552** Scott County residents lived in poverty, and an estimated **1,751** 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, **34.3%** of Scott County's adult population were considered obese, and **23.5%** 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, **6,893** contacts were made with Scott County residents who participated in nutrition education programming.

## Our Results

### IN SCOTT COUNTY

#### Lifestyle improvements

In 2019, **98%** of adult participants made a positive change in food group choices and **78%** showed improvement in one or more food safety practices. In addition, **89%** showed improvement in one or more food resource management practices and **83%** made changes to be more physically active. Youth participants also experienced behavior changes, with **66%** improving their ability to choose healthy foods.

## Our Success

### Nutrition Education Taught at a Recovery Center

**M**any studies credit proper nutrition as a factor in successful addiction recovery. The Scott County Cooperative Extension program assistant for SNAP-Ed taught Healthy Choices at Recovery Works, an inpatient addiction rehabilitation center. Through weekly classes, participants learned about nutrition using MyPlate. Participants also learned to read nutrition labels and to choose foods with less salt, fat, and sugar. They were taught how to safely prepare new recipes that would help them accomplish nutrition goals while stretching food budgets further. The results of the pre- and post-surveys showed 98% of the participants improved in one or more diet quality indicators, while 78% increased their physical activity. Almost 90% improved in food safety, and 83% improved in food resource management. One participant said she thought she had been eating healthy before taking the class but learned she wasn't making good choices. She now knows to read nutrition labels. Another participant said she did not realize soda has so much sugar and quit drinking soda the day of her second class and is trying to go without it for 30 days. Impacts made by the Healthy Choices class are expected to grow as the class recently expanded to the outpatient facility.



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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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