



## 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 **4,955** Shelby County residents lived in poverty, and an estimated **1,477** 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, **32.5%** of Shelby County's adult population were considered obese, and **25.2%** 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, **8,761** contacts were made with Shelby County residents who participated in nutrition education programming.

## Our Results

### IN SHELBY COUNTY

#### Lifestyle improvements

In 2019, **89%** of adult participants made a positive change in food group choices and **61%** showed improvement in one or more food safety practices. In addition, **84%** showed improvement in one or more food resource management practices and **66%** made changes to be more physically active. Youth participants also experienced behavior changes, with **70%** improving their ability to choose healthy foods.

## Our Success

### Cooking Matters

A collaboration among Dare to Care, the North Central District Health Department, the KIPDA Rural Diabetes Coalition, and the Shelby County Cooperative Extension Service resulted in a six-week Cooking Matters course for families. This course provided 11 families (most of which were dealing with diabetes) with in-depth nutrition education, experiential cooking, and healthier meal-planning strategies. The class also focused on menu planning, recipe makeovers, and safely using leftover foods for use in future meals. At the fifth session, participants cooked a meal and received enough groceries to later remake the meal for their families at home. One session was an educational tour at the grocery store with the opportunity to purchase \$10 of healthy foods of their choice. Participants were challenged to use their new knowledge each week and encouraged to share their successes the following week. These responses included incorporating more fruits and vegetables in their meals, preparing new foods for their families to try, using the nutrition facts labels information, and purchasing fewer processed foods. The seven participants who completed the program correctly answered a series of questions that covered the topics from all six nutrition lessons.



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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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