



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 **2,011** Trigg County residents lived in poverty, and an estimated **699** 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, **37.1%** of Trigg County's adult population were considered obese, and **29.6%** 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, **6,956** contacts were made with Trigg County residents who participated in nutrition education programming.

Our Results

IN TRIGG COUNTY

Lifestyle improvements

In 2019, **94%** of adult participants made a positive change in food group choices and **50%** showed improvement in one or more food safety practices. In addition, **94%** showed improvement in one or more food resource management practices and **92%** made changes to be more physically active. Youth participants also experienced behavior changes, with **87%** improving their ability to choose healthy foods.

Our Success

Gardening for Everyone

Three years of gardening with the Trigg County Home Based Day of Play families has provided quality family time, outdoor physical activities, knowledge, fresh produce, and a number of other life-enriching skills to the five households comprising 25 individuals. The children and adults work together to prepare beds, plant the seeds, and harvest the produce. All of the parents reported they have no picky eaters thus far and are hoping the fresh produce they plant and cultivate together will encourage healthy eating habits to continue for years to come. All of the parents who attended the sessions with the SNAP-Ed assistant said they are gardening at home, trying new foods, cooking new recipes, using their new kitchen tools, budgeting resources better, and practicing food safety procedures. When sharing learned practices, all of the adults said they have discontinued thawing meats on the counter and are no longer washing meats before cooking. It's safety first when caring for their families.



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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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