



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 **1,144** Trimble County residents lived in poverty, and an estimated **352** 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, **39.1%** of Trimble County's adult population were considered obese, and **33.7%** 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, 3,736 contacts were made with Trimble 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

Farmers and Artisans Market

Farmers markets help bridge the gap for Kentuckians by making fresh, nutritious local foods available and affordable. At the same time, farmers' markets enable producers to sell directly to their customers and reap the rewards for their hard work and long hours. Trimble County hadn't had a farmers' market in the past, and many residents didn't have a place to purchase locally grown produce unless they traveled out of the county. Trimble County Extension Service, collaborating with Bedford City Hall and local residents, started a Farmers and Artisans Market this year to provide access to local produce and artisans' products. In this first year, five local farmers and six artisans from within or surrounding Trimble County joined to become approved vendors. So far, the farmers market has opened six Saturdays, and four vendors have sold over \$1,000 worth of products. This is expected to continue and sales to increase during the summer months when produce ripens. The Trimble County Cooperative Extension Service and the county 4-H program have been involved in the Trimble County Farmers and Artisans Market by giving away SNAP-Ed recipes and information on healthy food choices. Some of the 4-H youth have been selling flowers and poultry.



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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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