



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 **19,562** Warren County residents lived in poverty, and an estimated **5,553** 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, **31.9%** of Warren County's adult population were considered obese, and **23.4%** 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, 33,456 contacts were made with Warren County residents who participated in nutrition education programming.

Our Results

IN WARREN COUNTY

Lifestyle improvements

In 2019, 99% of adult participants made a positive change in food group choices and 84% showed improvement in one or more food safety practices. In addition, 95% showed improvement in one or more food resource management practices and 95% made changes to be more physically active. Youth participants also experienced behavior changes, with 90% improving their ability to choose healthy foods.

Our Success

Nutrition Lessons at the Men's Recovery Center

Substance abuse generally leads to a lack of proper nutrition. Individuals who suffer from substance abuse often skip breakfast, eat foods high in sugar, consume a lot of processed foods, and don't eat many fruits and vegetables, according to research. Kentucky is ranked 21st nationally for drug-related deaths. Because of this, the Academy of Nutrition and Dietetics urges nutrition professionals to take aggressive action to ensure involvement in treatment and recovery programs. The Nutrition Education Program and SNAP-Ed assistant teamed up with a local Men's Recovery Center to teach a series of nutrition lessons. The lessons focused on food safety, the MyPlate balanced diet, understanding food labels, the importance of breakfast, and other topics. All of the participants showed improvement in their overall diet quality, and 58% showed increased physical activity. Fifty percent of the participants increased their consumption of fruits, and 58% increased their consumption of vegetables. Ninety-two percent showed improvement in making a grocery list, checking food prices, and meal planning. Furthermore, 92% of participants improved their food safety practices, like hand-washing.



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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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