



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 **1,792** Washington County residents lived in poverty, and an estimated **570** 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, **33.5%** of Washington County's adult population were considered obese, and **30.1%** 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, 3,455 contacts were made with Washington County residents who participated in nutrition education programming.

Our Results

IN WASHINGTON COUNTY

Lifestyle improvements

In 2019, 95% of adult participants made a positive change in food group choices and 66% showed improvement in one or more food safety practices. In addition, 84% showed improvement in one or more food resource management practices and 85% made changes to be more physically active. Youth participants also experienced behavior changes, with 69% improving their ability to choose healthy foods.

Our Success

Nutrition Taught to High School Students

According to kentuckyhealthfacts.org, in Washington County 17% of adults have diabetes, 29% of adults have hypertension, and the rate of heart disease deaths is 182 per 100,000 population. These diseases are associated with unhealthy lifestyles and may be prevented with good health and nutrition. To address the importance of good nutrition, the Washington County High School Family and Consumer Sciences teacher asked the Washington County Family and Consumer Sciences Extension agent to speak to students. The FCS agent taught three high school classes with a total of 60 students about MyPlate. The lesson included an overview of the MyPlate nutrition recommendations, key nutrients found in each food group, recommended amounts of each food group for the students' age group, and potential health outcomes of consuming a nutrient-rich diet. To reinforce the presented information, the FCS agent led students in a review game. In the life-sized board game, students were the game pieces and were allowed to advance on the board if they answered review questions correctly. Students were successful in answering questions correctly and indicated they had learned important information about nutrition. The FCS agent will continue to promote healthy lifestyles in Washington County.



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension

 University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

