



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 **5,055** Wayne County residents lived in poverty, and an estimated **1,476** 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, **39.6%** of Wayne County's adult population were considered obese, and **32.2%** 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, 17,925 contacts were made with Wayne County residents who participated in nutrition education programming.

Our Results

IN WAYNE COUNTY

Lifestyle improvements

In 2019, 97% of adult participants made a positive change in food group choices and 93% showed improvement in one or more food safety practices. In addition, 93% showed improvement in one or more food resource management practices and 83% made changes to be more physically active. Youth participants also experienced behavior changes, with 89% improving their ability to choose healthy foods.

Our Success

From Raised Beds to Broccoli and Cauliflower Pizza

The principal at Walker Early Learning Center received a grant from Lowe's for supplies to construct 16 raised beds (one per classroom) for pre-school and kindergarten. She asked the Wayne County Extension Office for advice. The Agriculture and Natural Resources agent helped design and construct the raised beds. He seeded and grew broccoli and cauliflower plants so each student would have a plant to transplant into the raised bed. The ANR agent took care of watering, fertilizing, and spraying the plants with crop protectants when needed. The students observed the plants' progress and removed a few weeds that emerged. The ANR agent and ANR assistant harvested the broccoli and cauliflower in late fall. Along with the Family and Consumer Sciences assistant, they went into the classrooms to teach the students to make broccoli and cauliflower pizza using an English muffin, ranch dressing, shredded cheese, and florets of broccoli and cauliflower. Most of the students tasted their creations, and many were surprised they tasted good. The ANR agent wrote the "Broccoli Song" and "Cauliflower Song" and taught them to the students and teachers. It was a fun way for the students to learn about the nutritional value of broccoli and cauliflower.



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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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