



UNIVERSITY OF KENTUCKY
Nutrition Education Programs
Family & Consumer Sciences Extension

SNAP-ED KENTUCKY

2013 Annual Report

OUR FOCUS

SNAP-ED: STRENGTHENING FAMILIES

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) reaches

SNAP recipients and limited resource audiences providing nutrition education. Participants receive hands-on education and gain basic skills necessary to raise



healthy families on limited incomes in a struggling economy. Clients are provided with nutrition education that teaches them to use SNAP resources effectively while promoting healthy eating habits with physically active lifestyles. SNAP-Ed helps Cooperative Extension further its goals in key strategic areas:

- Reducing and preventing obesity
- Decreasing hunger
- Reducing health care costs

SNAP FAMILIES AND PROGRAMS

In Kentucky in 2013 there were:⁵

2,844
families enrolled in SNAP-Ed programs

6,399
adults benefiting from SNAP-Ed programs

209,163
children benefiting from SNAP-Ed programs

67,835
children below the age of 5 benefiting from SNAP-Ed programs

45
SNAP-Ed assistants in 42 counties

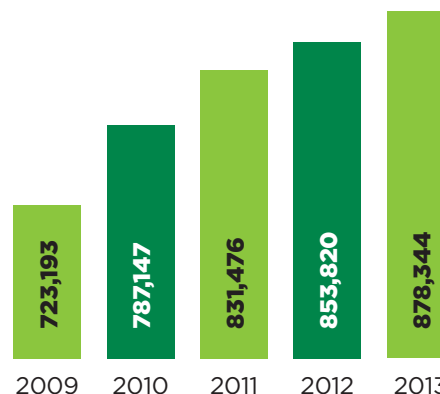
This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

NUTRITION AND FAMILIES

In Kentucky:

- **31.3%** of adults were obese in 2012¹
- **36.0%** of children and teens age 10 to 17 were obese or overweight in 2011-2012²
- **821,067** of adults were impoverished in 2012³
- **263,744** of children were impoverished in 2012⁴
- **\$264.72** was the average SNAP benefit received in 2013⁴

KENTUCKIANS RECEIVING SNAP BENEFITS⁴



Along with the garden tour, a food demonstration was presented to show how to utilize food safety behaviors and cooking with fresh produce. One participant reported after the program they were

“eating more fruits and vegetables, buying more locally grown produce, and losing weight gradually.”

SNAP-ED CHANGES KENTUCKIANS

The number of participants who most of the time or almost always...⁵

...make meals using a variety of foods from the USDA Dietary Guidelines increased from **26.0% to 58.0%**

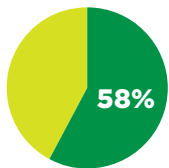
...participate in at least 30 minutes of moderate physical activity each day increased from **49.0% to 66.0%**

...consume caffeinated foods decreased from **68.0% to 49.0%**

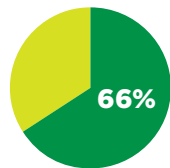


NUTRITION

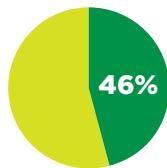
After participating in SNAP-Ed...⁵



Planned meals in advance



Considered healthy food choices when deciding what to feed their family



Used the "Nutrition Facts" on food labels to make food choices

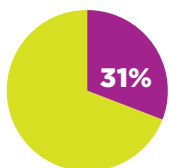
FEATURED PROGRAM

LEAP FOR HEALTH

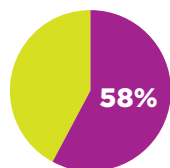
The LEAP for Health curriculum is a series of 22 lessons using storybooks to teach children about eating more fruits and vegetables, low-fat dairy products, whole grains, being physically active, and staying healthy. The curriculum targets children ages pre-school through third grade, and their families. Each lesson includes reading a story, tasting new foods, activities, and a family newsletter with additional information, a recipe and suggested activities to reinforce the lesson.

SNAP-ED YOUTH

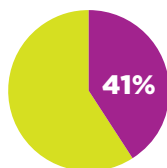
Youth participating in SNAP-Ed...⁵



Improved their physical activity



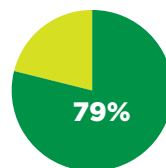
Improved their ability to choose healthier foods



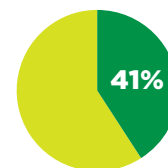
Improved safe food handling practices

SNAP-ED SUCCESS

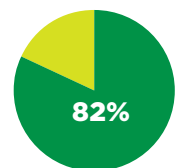
After participating in SNAP-Ed...⁵



More often compared prices when shopping



Less often ran out of food before the end of the month



More often followed the recommended practices of not thawing foods at room temperature

SOURCES:

- Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data, 2012.
- Kids Count Data Center, KY Youth Advocates.
- U.S. Census Bureau, Small Area Income and Poverty Estimates.
- Kentucky Cabinet for Health and Family Services. Data Book, June 2009-June 2013.
- Nutrition Education Evaluation Reporting System, 2013.