Kentucky State University
Cooperative Extension Program

Kentucky State University
College of Agriculture, Communities, and the Environment

SNAP-ED

(Supplemental Nutrition Assistance Program Education)

ANNUAL REPORT 2018

STORY HIGHLIGHTS

Many local school districts have experienced extensive budget cuts in the last several years. These cuts have reduced the number of programs offered in schools, number of teachers, and other resources needed in a school. As a result, classes that once taught basic skills such as healthy meal planning, handling knives, shopping with a list, and budgeting are no longer offered in many schools. In an effort to fill the gap created by program reductions in schools and to help raise a generation of healthier kids, SNAP-Ed partners with many schools in the Kentucky State University service area to offer healthy activities, cooking skills, and nutrition education programs to children and adolescents.

At a SNAP-Ed demonstration booth in Anderson, a five year old who had previously completed the MyPlate program was seen explaining to his dad how to make a healthy plate using demonstration food. Parents also reported to school personnel that children are asking for more fruit and milk, and that they are sharing the healthy recipes learned with their families. The goal of SNAP-Ed is to provide this type of education so that people understand nutrition and make healthier food choices. These decisions will reduce rates of diabetes and heart disease, two key killers in today's society that can be largely managed by diet and exercise.

Research shows that one in three youth in this country are overweight or obese (American Heart Association). Teaching kids that exercise can be fun may help these numbers to improve.

Every 'Healthy Kids Week' has been held the last week of April since 2013. The mission of Every Healthy Kid is to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids will thrive.

With this in mind, the Supplemental Nutritional Program Assistant in Anderson County Kentucky put together a traveling obstacle course for 3 of the schools in the county. Using pool noodles, cones, hopscotch and yoga mats, the kids got plenty of physical activity by running, jumping, hopping, and crawling over and under the many stations. Nationwide, 1,300 schools and 600,000 students, teachers, and parents participated in the **Every Kid Healthy Event** (www.everykidhealthyweek.org). In Anderson County alone, there were **600 student participants** and an additional **300** in other counties.

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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. 2018

We focused on:

- Establishing organizational partnerships
- Improving healthy food choices
- Improving food resource management
- Increasing physical activities and reducing sedentary behavior
- Multi sector partnership and planning

Our programs reached:

17,374 Individuals

26,469 Educational contacts

Delivered programs in:

- Schools
- Churches
- Adult education centers
- Addiction rehabilitation centers
- Senior centers
- Income based housing complexes
- Drug court intervention programs
- Farmers markets
- Libraries
- Food pantries
- Summer food service sites

YOUTH

1855 graduated

416 Currently enrolled

ADULTS

178 graduated

83 Currently enrolled

Our graduated adult participants showed improvements on:

Abilities to choose healthy foods	89%
Physical activity practices	64%
Ability to use safe food handling practices more often	69%
Ability to prepare simple, nutritious, affordable food	77%
Acquired skills to be food secured	33%

Our graduated youth participants showed improvement on:

Abilities to choose healthy foods according to Federal Dietary Recommendations	88%
Physical activity practices	45%
Ability to use safe food handling practices more often	64%
Ability to prepare simple, nutritious, affordable food	40%
Acquired skills to be food secured	25%