KENTUCKY STATE UNIVERSITY FY 2019
SNAP-ED IMPACT REPORT
BY THE NUMBERS

387 Adult Graduates
87 over state goal

7.4 Average hours of participation

2856 Total adult lessons delivered

Key Improvement Indicators for graduates
88% Improved diet quality
66% Increased physical activity
71% Improved food safety practices
37% Showed improvement in Food Security
77% Improved food management practices
39% Report cooking at home more often

1269 Youth Graduates
359 over state goal

6.32 Average hours of participation

8591 Total youth lessons delivered

Key Improvement Indicators for graduates
63% Food Safety
Use safe food handling practices more often or gain knowledge.
83% Diet Quality
Improve their abilities to choose foods according to Federal Dietary Recommendations or gain knowledge.
49% Food Resource Mgt
Improve their ability to prepare simple, nutritious, affordable food or gain knowledge.
35% Physical Activity
Improve their physical activity practices or gain knowledge.
24% Food Security
Aquire skills to be food secure or gain knowledge.

CONTINUING EDUCATION

Program assistants participated in 37 trainings

COMMUNITY INVOLVEMENT

Assistants partnered with 96 individual volunteers and 54 agencies
Assistants participated in 192 community activities/events
OUR CHALLENGE
According to the Center for Disease Control, more than 1 in 4 Americans, ages 50 and older, get no exercise beyond their normal daily routine. Kentuckians get the second-least amount of exercise in the nation. Regular exercise and healthy diet are vital for healthy aging to reduce or delay many chronic diseases faced by adults age 50 and older.

OUR SUCCESSES
A group of seniors that lived in the same complex, but did not know each other, gathered for SNAP-Ed nutrition education classes. Over the next few weeks, a friendship was forged. The SNAP-Ed program assistant encourages participants to try new, healthy recipes and walk together. As a result of the program, one member lost 15lbs and is now walking independently with no assistance. At this location, SNAP-Ed has strengthened the knowledge of participants on healthy living and has created a support group for sustainability.

Program assistants are acutely engaged in work at three rehabilitation centers in our service region. These clients are eager to learn new skills including cooking, budgeting, and planning. All three centers have incorporated healthy recipes into their menu rotations. Kitchen staff in the rehabilitation centers are able to cook with these recipes that they learned during our programming.

With the help of SNAP-Ed program assistants, a rehabilitation center was able to start a center garden to plant fresh vegetables and fruits. The members enjoy spending their time on the garden. They utilize fresh vegetables from the garden to supplement their meals. They did not have access to fresh fruits or vegetables prior to this partnership. This center will be offering a canning class to preserve the last of the produce for use in the winter months.

SNAP-Ed hosted 6 Rookie Cooking camps in the summer of 2019. Three of the camps were covered by the local newspapers and kids were able to show off some of their new skills. Participants learned about MyPlate, meal planning, knife skills, meal time etiquette, food safety, and shopping for food on a budget. The youth prepared their lunches daily during the camp and received a cookbook featuring healthy, “teen preferred” recipes upon completion. Field trips have been taken to grocery stores, USDA approved meat processing centers, and farmers markets. Special guests have included chefs, food inspectors, restaurateurs, farmer’s market members, and food safety specialists.

OUR FUTURE GOAL
The SNAP-Ed team at Kentucky State University Cooperative Extension Program will continue to pursue opportunities to impact the environment of our audience in the year to come. In addition, we will add focus to step two: systems. Future projects include a new school garden for experiential learning outside the classroom, greater involvement in local farmers markets, and partnering on Farm-to-School opportunities.
With SNAP-Ed Programs...

"I feel like I'll be able to use what I'm earning to be a better parent when I get home. I've never cooked for my family before."

"My family is having real mealtime and eating real food."

"I now experience overall improved health with more energy, better sleep and I've even lost some inches."

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