



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: BATH COUNTY

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 U.S. Census estimates for 2019, the median household income in Kentucky is **\$52,256**, 20% lower than the U.S. median household income of **\$65,712**.¹ Kentucky also has higher percentages of poverty and food insecurity among its population compared to census estimates for the United States overall.

	Kentucky	U.S.
Total Poverty ¹	16.0%	12.3%
Child Poverty ¹	20.9%	16.8%
Food Insecurity ² <i>(Actual ratings during COVID-19 may be higher)</i>	14.7%	11.7%

In 2018, an estimated **20.4%** of Bath County residents lived in poverty, and an estimated **33.1%** were children younger than 18.¹

Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet and physical inactivity.³ These include high blood pressure, cardiovascular disease, type 2 diabetes, and stroke.



In 2019, the percentage of obese adults in Kentucky was **36.5%**, ranking it in the top 10 states for highest obesity rates in the country. The percentage of physically inactive Kentuckians was **30.6%**, ranking it among the top five most physically inactive states in the nation. Kentucky was also ranked in the top 10 for high percentages of adults with diabetes (**13.3%**) and adults with hypertension (**40.9%**).⁴ 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.³

In 2020, **42%** of Bath County's adult population was considered obese, and **37%** was considered physically inactive.⁵

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 2020, 3,140 contacts were made with Bath County residents who participated in nutrition education programming.

OUR RESULTS

IN KENTUCKY

Lifestyle improvements

In 2020, 96% of adult participants made a positive change in food group choices and 75% showed improvement in one or more food safety practices. In addition, 92% showed improvement in one or more food resource management practices and 83% made changes to be more physically active.



OUR SUCCESS

Programs on the Go

The global pandemic of COVID-19 has hit the world especially hard. The governor of Kentucky has restricted access to most locations and has recommended that those who could work from home do so. This means that people have shuffled their schedules and daily tasks and are now either working remotely or not working at all. As the weeks pass, one of the challenges people face is how to stay connected to the Extension Office, as well as having exciting things to do at home.

To help with this growing problem of how to educate while living healthy at home, the Bath County Family and Consumer Sciences Agent, with the assistance of the 4-H Youth Development Agent, the Agriculture and Natural Resources Agent, and the Supplemental Nutrition Assistance Program-Education Assistant, developed Program on the Go. Program on the Go allows residents of Bath County the opportunity to pick up lessons that interest them and complete them in the safety of their homes. The program includes several topics that allow for educational opportunities for various ages and stages of the life cycle, which include but are not limited to How to

Deal with Stress, Home Gardening, Brain Health, Family Literacy, Healthy Baking, Hobbies, and more.

There has been a great success in Bath County with this program. An average of 30 participants use Program on the Go each week, and many have said they are enjoying all of the hands-on activities we provide. Family time has

increased, and families are sharpening their minds through informal education. Most adult clientele enjoy the Healthy at Home newsletter that has gone out with each program and is happy to see how Cooperative Extension continues to adjust to the growing and emerging needs of the community.



University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates
2. America's Health Rankings 2019
3. World Health Organization Media Centre
4. The State of Obesity Report 2019
5. 2019 County Health Rankings & Roadmaps

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



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

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.

