



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2020 ANNUAL REPORT: BOYD 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**.<sup>1</sup> 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.
<b>Total Poverty</b> <sup>1</sup>	16.0%	12.3%
<b>Child Poverty</b> <sup>1</sup>	20.9%	16.8%
<b>Food Insecurity</b> <sup>2</sup> <i>(Actual ratings during COVID-19 may be higher)</i>	14.7%	11.7%

In 2018, an estimated **18.3%** of Boyd County residents lived in poverty, and an estimated **26.8%** were children younger than 18.<sup>1</sup>

#### Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet and physical inactivity.<sup>3</sup> 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%**).<sup>4</sup> 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.<sup>3</sup>

In 2020, **41%** of Boyd County's adult population was considered obese, and **32%** was considered physically inactive.<sup>5</sup>

## 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, 15,134 contacts were made with Boyd County residents who participated in nutrition education programming.

## OUR RESULTS

### IN BOYD COUNTY

#### Lifestyle improvements

In 2020, 100% of adult participants made a positive change in food group choices and 98% showed improvement in one or more food safety practices. In addition, 91% showed improvement in one or more food resource management practices and 88% made changes to be more physically active.



## OUR SUCCESS

### Helping recovery center clients

According to the U.S. Department of Health and Human Services, 19.7 million Americans battle with substance abuse including alcohol, opioids, and other illicit drugs. Kentucky ranks 5th in the nation in overdose deaths. After years of drug and alcohol abuse, the physical condition of an addict's body becomes neglected.

Sanibel House Addiction Recovery Care is a long-term residential men's recovery center. The director says the gentlemen need to learn to cook and eat healthier in order to restore their bodies and aid in their recovery process. The participants were used to eating high-fat foods with little or no fruits and vegetables.

The Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant used the lessons from the Healthy Choices for Every Body curriculum in classes with recovery center clients. After the nutrition lesson, participants were divided into teams for cooking a healthy recipe related to the lesson. Not only did the cooking challenges teach them about nutrition, but provided teamwork experience and demonstrated how easy it is to cook healthy foods.



At the completion of the classes, 65% showed improvement in diet quality, 74.35% showed improvement in food safety practices, 70% showed improvement in food resource management, and all showed improvement in one or more diet quality behaviors (eating more fruits and vegetables).

We gave the men copies of the class information and recipes to take with them after they left the recovery center to help them prepare meals for their families.

#### 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

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