



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: BRACKEN 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 **11.3%** of Bracken County residents lived in poverty, and an estimated **21.6%** 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, **32%** of Bracken County's adult population was considered obese, and **31%** 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, 3,857 contacts were made with Bracken 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

Hunters for the hungry

Four years ago, the Bracken County Extension Service along with the Bracken County Wildlife Officer developed a program that encouraged hunters to harvest does and bring them to the Cooperative Extension facility where volunteers could process them and send the meat to the UK Meat Lab. There it would be inspected, processed, and packaged then returned to the county and distributed to needy families through two food banks. Each year, the program has grown with the understanding of the responsible effort to use the meat for those less fortunate in our community, while helping to reduce the herd by taking female deer to reduce the breeding herd. Hunters know that the health of the herd will improve with fewer deer and know the meat is going to a good cause. Landowners and farmers are also involved as they see this is the best way to responsibly reduce crop damage. Food safety guidelines are used for the initial processing, carcass preparation, and refrigeration on route to the food banks. At the food banks, food safety handouts are provided for the families to ensure the venison is prepared properly, and families are given recipes so they can enjoy numerous dish options. Each

year, families look forward to the venison and welcome the donations that support their families with a nutritious source of meat. Community support for this project grows each year with more volunteers and hunters participating. Many businesses support the volunteers and hunters with donations. This year, the project donated 52 deer processed by volunteers, resulting in more than 855 pounds of

venison donated to two food banks. More than 230 families in Bracken County participated in the services the food banks provide and enjoyed the food provided by the many hunters, volunteers, and community support offered by this program.



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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