



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: BREATHITT 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 **32.5%** of Breathitt County residents lived in poverty, and an estimated **43.4%** 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, **38%** of Breathitt County's adult population was considered obese, and **34%** 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, 5,165 contacts were made with Breathitt County residents who participated in nutrition education programming.

OUR RESULTS

IN BREATHITT COUNTY

Lifestyle improvements

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



OUR SUCCESS

Healthy Choices for Every Body improves diet

According to 2020 data from the Feeding America website, Breathitt County's food insecurity rate is 24.6%. One way to address this issue is by learning how to plan meals and how to shop smarter.

The Breathitt County Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant, in partnership with Kentucky River Community Care, taught adults the Healthy Choices for Every Body Curriculum. As a part of these classes, participants learned the importance of meal planning, eating healthy, and how to eat healthier on a budget.

Participants' behavior changes were indicated on entry and exit forms. All (100%) participants showed a positive change in their overall diet quality, 90% of participants showed a positive increase in their knowledge of food security practices, and 64% showed a positive increase in their knowledge of food resource management practices.

Implementing the Healthy Choices for Every Body program is one way to combat food insecurity. Participants learn meal planning and how to make smart choices while grocery shopping on a budget.

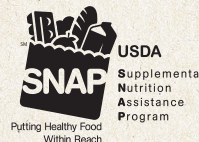


**University of Kentucky
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Family and Consumer Sciences Extension**

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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