



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2020 ANNUAL REPORT: BULLITT 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 **9.5%** of Bullitt County residents lived in poverty, and an estimated **12.6%** 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, **35%** of Bullitt County's adult population was considered obese, and **28%** 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, **21,081** contacts were made with Bullitt County residents who participated in nutrition education programming.

## OUR RESULTS

### IN BULLITT COUNTY

#### Lifestyle improvements

In 2020, **100%** of adult participants made a positive change in food group choices and **97%** showed improvement in one or more food safety practices. In addition, **84%** showed improvement in one or more food resource management practices and **74%** made changes to be more physically active.



## OUR SUCCESS

### Providing nutrition education with Facebook

**B**ecause of the coronavirus, all in-person nutrition education classes were cancelled toward the end of March 2020. The Bullitt County Nutrition Education Program started a Facebook page at the beginning of April to reach out to the community and current clients to offer nutrition education resources. In Bullitt County in April of 2020, there were 2,425 households participating in the SNAP program.

The goal was to post recipes and helpful tips that clients could take and use in everyday life, just as if they were taking regular classes. From April until the end of June 2020, there have been 10,040 indirect contacts with 1,907 of those estimated to be SNAP-ED-eligible individuals (using the state poverty rate).

The Facebook page will continue to be used to post relevant information and nutrition education resources even after classes can be held in-person once again, and it will serve as a resource to the EFNEP audience in Bullitt County.



**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.



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