

KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: CLARK 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 **16.0%** of Clark County residents lived in poverty, and an estimated **24.8%** 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, **36%** of Clark County's adult population was considered obese, and **27%** 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, **2,894** contacts were made with Clark County residents who participated in nutrition education programming.

OUR RESULTS

IN CLARK COUNTY

Lifestyle improvements

In 2020, **98%** of adult participants made a positive change in food group choices and **88%** showed improvement in one or more food safety practices. In addition, **93%** showed improvement in one or more food resource management practices and **91%** made changes to be more physically active.



OUR SUCCESS

Teaching nutrition to kids during COVID-19

During the pandemic, one mother contacted the Nutrition Education Program (NEP) Assistant in search of healthy snacks, easy meals, and learning activities her family could do together when she lost her job and her financial status changed. She realized that she had to find other resources to provide better nutrition for her children.

The NEP Assistant shared SuperStar Chef recipes on making Mini Fruit Squares and English Muffin Pizzas along with lesson materials on Whole Grains. LEAP materials were also provided to teach the family how dairy foods provide calcium for strong bones and teeth including the story of “Rodeo Ron and His Milkshake Cows.” The children were asked what fruits they could add to make milkshakes, and they chose strawberries, blueberries, and bananas. They each chose their favorite fruit to make milkshakes with the Milkshake in a Bag recipe using flavored yogurt and almond milk. When they placed all the ingredients in their bag, they performed a physical activity while shaking the bag and dancing to music. The mother reported that it was hard to get them to drink milk with their meals, but now “they really liked the milkshakes they made. At least twice a week they ask if they can make the Rodeo Ron Shakes, Mini Fruit Squares and the English Muffin Pizzas.”

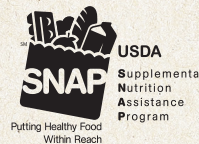


**University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension**

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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