



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: CLAY 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 Poverty¹	16.0%	12.3%
Child Poverty¹	20.9%	16.8%
Food Insecurity² <i>(Actual ratings during COVID-19 may be higher)</i>	14.7%	11.7%

In 2018, an estimated 38.2% of Clay County residents lived in poverty, and an estimated 47.2% 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 Clay County's adult population was considered obese, and 35% 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, 2,612 contacts were made with Clay County residents who participated in nutrition education programming.

OUR RESULTS

IN CLAY COUNTY

Lifestyle improvements

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



OUR SUCCESS

Gardening kits get youth growing

During the summer of 2020, face-to-face contact was limited because of the COVID-19 pandemic. In order to continue supporting clients, the Clay County Cooperative Extension Service Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant collaborated with the Family and Consumer Sciences Agent, the Agricultural Agent, and the 4-H Agent to put together gardening bags for the Save the Children Big Creek Early Steps group. The 25 gardening bags included information on gardening, gardening implements, seeds, and recipes. The families were appreciative of the gardening bags and the children were engaged in learning about how food is grown. Several of the families said that they had no idea that their children would enjoy planting and watering the seeds. One family said that their children could not wait until it was time to water the plants while another was excited to watch them grow.



**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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