



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: CUMBERLAND 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 **23.3%** of Cumberland County residents lived in poverty, and an estimated **33.1%** 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, **37%** of Cumberland County's adult population was considered obese, and **32%** 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, **8,353** contacts were made with Cumberland County residents who participated in nutrition education programming.

OUR RESULTS

IN CUMBERLAND COUNTY

Lifestyle improvements

In 2020, **100%** of adult participants made a positive change in food group choices and **92%** showed improvement in one or more food safety practices. In addition, **83%** showed improvement in one or more food resource management practices and **100%** made changes to be more physically active.



OUR SUCCESS

Extension responds to COVID-19

The Cumberland County Cooperative Extension Agriculture and Natural Resources (ANR) Agent, Family and Consumer Sciences (FCS) Agent, and Nutrition Education Program (NEP) Assistant combined forces to provide a comprehensive family-oriented Take-Out Bag program for our community during the COVID-19 pandemic. Because the community was in need of a sense of normalcy because of disruptions such as in-home schooling, increased unemployment, and other economic hardships, agents and assistants provided information on practices for staying healthy during this time. We also included activities for the whole family. The program was limited to 20 families. The ANR Agent provided gardening activities, bird feeder projects, butterfly gardens, and much more. The FCS Agent shared information about keeping you and your house clean and safe, hand-washing, disinfecting, and included activities for making crafts, gifts, and personal protection equipment for families. The NEP Assistant focused on teaching families how to stretch their food dollars by growing food in their garden and how to use local commodity foods in healthy



nutritious recipes. We also provided some small kitchen gadgets to help in preparing these dishes. We also included materials to help families keep physically and mentally fit, such as crossword puzzles, word finds, chair exercises, and gardening. The families enjoyed the program and posted many photos and stories on the Cooperative Extension Facebook pages. Some families reported that seeing their children learning these things was a great benefit during a time of great confusion and depression.

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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