



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2020 ANNUAL REPORT: DAVIESS 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 **15.3%** of Daviess County residents lived in poverty, and an estimated **19.2%** 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, **31%** of Daviess County's adult population was considered obese, and **27%** 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, **4,280** contacts were made with Daviess County residents who participated in nutrition education programming.

## OUR RESULTS

### IN DAVIESS COUNTY

#### Lifestyle improvements

In 2020, **95%** of adult participants made a positive change in food group choices and **86%** showed improvement in one or more food safety practices. In addition, **84%** showed improvement in one or more food resource management practices and **78%** made changes to be more physically active.



## OUR SUCCESS

### Program provides fun family activities

When COVID-19 hit and all classes came to a halt and the unemployment rate jumped from 4.8% to 14.9%, the Daviess County Nutrition Education Program (NEP) Assistant started thinking about ways to reach the SNAP clientele who would normally attend in-person Healthy Choices for Every Body classes. Daviess County NEP started contacting local agencies for outreach opportunities. Pleasant Valley Community Church (PVCC) teamed up with the Daviess County Nutrition Education Program for that community outreach.

Beginning in April 2020, PVCC and Daviess County NEP assembled various themed baskets for families in Colony Estates Mobile Home Park, River Bend Estates Mobile Home Park, Woodlawn Mobile Home Park, and East Wood Mobile Home Park. A total of 16 different deliveries were made with themes including Family Science Night (using the science experiments found in the Eat Smart, Play Hard tool kit), Healthy Eating, Fiesta Night (with our Sheet Pan Fajitas recipe), Cooking with Kids, and Let's Get Moving. Forty-seven families were impacted by each delivery, resulting in a total of 1,312 adult contacts



and 1,876 child contacts. Each mobile home park had their own Facebook group, and several posted after receiving their deliveries, "Thank you so much for what y'all have and continue to do for all of us out here. I know my daughter will greatly appreciate and enjoy the basket." Another recipient posted, "I just want to say thank you so much to everyone who keeps bringing my family stuff. The fajitas were a hit!"

#### 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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