



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 **25.3%** of Estill County residents lived in poverty, and an estimated **33.0%** 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, **40%** of Estill County's adult population was considered obese, and **37%** 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, 627 contacts were made with Estill County residents who participated in nutrition education programming.

OUR RESULTS

IN ESTILL COUNTY

Lifestyle improvements

In 2020, 90% of adult participants made a positive change in food group choices and 90% showed improvement in one or more food safety practices. In addition, 90% showed improvement in one or more food resource management practices and 90% made changes to be more physically active.



OUR SUCCESS

Grab and Go bags support community

On Aug. 24, 2020, the Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant and the Agricultural Agent of the Estill County Cooperative Extension Service partnered to create a Grab and Go bag containing information and reinforcement items related to food preservation. Citizens of Estill County stopped by the Extension office to pick up a Grab and Go bag with minimal contact because of COVID-19 restrictions. The Nutrition Education Program SNAP-Ed Program Assistant assembled 20 bags with information about food preservation and items including measuring cups, measuring spoons, mini spatulas, canning funnels, jar openers, potholders, meat thermometers, and magnetic lid lifters. The Estill County Cooperative Extension Office advertised the Grab and Go event on the county Facebook page as well as on the Nutrition Education Program Facebook page one week before pickup. The response was great! On the day of the Grab and Go pickup, the NEP SNAP-Ed Assistant wore appropriate personal protective equipment, maintained appropriate distance, and greeted each participant. Participants were



required to fill out an information packet to receive their bag. In a matter of two hours, all food preservation bags had been claimed. While picking up their Grab and Go bag, several participants spoke about preparing their Fall Victory Gardens and detailed some of the food preservation they would be doing because of the Summer Victory Garden program in which they participated.

**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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