

KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: FAYETTE 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 **14.6%** of Fayette County residents lived in poverty, and an estimated **17.3%** 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, **27%** of Fayette County's adult population was considered obese, and **20%** 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, 19,094 contacts were made with Fayette County residents who participated in nutrition education programming.

OUR RESULTS

IN FAYETTE COUNTY

Lifestyle improvements

In 2020, 94% of adult participants made a positive change in food group choices and 91% showed improvement in one or more food safety practices. In addition, 87% showed improvement in one or more food resource management practices and 89% made changes to be more physically active.



OUR SUCCESS

Healthy Choices for Every Body improves diet

In August of 2020, the Fayette County Extension Office and the Nutrition Education Program Assistant were approached by the Goodwill RISE (Reintegrating Individuals Successfully Every Day) program, a paid job-readiness training that paves the way back to employment for individuals with a criminal history. RISE requested that we provide nutrition education to the enrolled workers as part of their reintegration lessons. Over the course of the lessons via virtual instruction, the participants learned nutrition, food safety, and food budgeting principals using the Healthy Choices for Every Body curriculum. We tracked participant progress using the Adult Food and Physical Behavior Questionnaire. At the end of the program, 87% of participants had improved their physical activity as well as their food safety practices, furthermore, 93% of program participants reported cooking dinner at home more nights each week than they did at the start of the lessons. One participant told the instructor that they are 41 years old and are just now learning how to cook. They expressed appreciation for the class's food demonstrations.

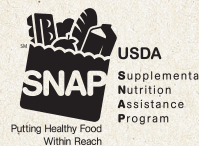


University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension

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

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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