



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: FLEMING 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 **18.6%** of Fleming County residents lived in poverty, and an estimated **29.1%** 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, **34%** of Fleming County's adult population was considered obese, and **28%** 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, 9,202 contacts were made with Fleming County residents who participated in nutrition education programming.

OUR RESULTS

IN FLEMING COUNTY

Lifestyle improvements

In 2020, 98% of adult participants made a positive change in food group choices and 97% showed improvement in one or more food safety practices. In addition, 97% showed improvement in one or more food resource management practices and 93% made changes to be more physically active.



OUR SUCCESS

Nutrition education tackles diabetes

After delivering a class at the Senior Center in Fleming County on carbohydrates and how to avoid consuming more than we need for our daily food intake, the Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant was approached by one of the participants wanting to know more on the subject as she recently found out she was pre-diabetic. The client was invited to come to the Cooperative Extension Office later that day for a one-on-one lesson and to pick up some reading information on the subject. A couple of months later, the participant said that she had recently been to her doctor and was told that her A1C level as well as her weight had started going in the right direction and asked her what she had been doing differently. The doctor was thrilled about her learning to count carbs and said he was going to send more of his patients to the Cooperative Extension office for classes. The client has now also become one of the regular attendees at the Diabetes Support group at the Cooperative Extension office.



**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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