



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: GALLATIN 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 **15.1%** of Gallatin County residents lived in poverty, and an estimated **23.6%** 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, **30%** of Gallatin 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, **3,848** contacts were made with Gallatin County residents who participated in nutrition education programming.

OUR RESULTS

IN GALLATIN COUNTY

Lifestyle improvements

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



OUR SUCCESS

Home vegetable gardening skyrockets!

Early on during the COVID-19 situation, many grocery stores exhibited some food shortages in many of the aisles. This in turn led to panic-buying which only exacerbated the situation. These food shortages contributed to the resurgence in the popularity of home vegetable gardening, indicated by requests the Gallatin County Cooperative Extension Service received for information on home vegetable gardening. In response to these requests, the Agriculture and Natural Resources (ANR) Agent assembled packets of information available for touchless pickup from the Cooperative Extension office or for home delivery. These packets contained a copy of Home Vegetable Gardening in Kentucky, a soil test sample bag with instructions, and recipe cards.

To date, nearly 100 of these packets have been picked up by or delivered to county residents. In addition, the ANR Agent has made nearly five times as many home garden-related visits in 2020. During the visits, it was discovered that many of the gardeners were first-timers, and thus were making many of the “new gardener” mistakes. Being able to visit one-on-one better allowed the ANR Agent to make



recommendations against future problems and suggest corrections for current ones.

It was also discovered that some of these new gardeners were also first-time users of the Gallatin County Cooperative Extension Service. Hopefully, the personal attention given during this time will make them life-long users and supporters of Cooperative Extension.

**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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College of Agriculture,
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Cooperative Extension Service

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