



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2020 ANNUAL REPORT: GRANT 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 **13.9%** of Grant County residents lived in poverty, and an estimated **20.3%** 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, **34%** of Grant County's adult population was considered obese, and **37%** 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, 5,549 contacts were made with Grant County residents who participated in nutrition education programming.

## OUR RESULTS

### IN GRANT COUNTY

#### Lifestyle improvements

In 2020, 98% of adult participants made a positive change in food group choices and 84% showed improvement in one or more food safety practices. In addition, 93% showed improvement in one or more food resource management practices and 87% made changes to be more physically active.



## OUR SUCCESS

### Nutrition and gardening education via Facebook

Currently, Grant County has an adult obesity rate of 34% and a physical activity rate of 37%. During this current COVID-19 crisis, many families are struggling to change the way they remain healthy and physically active. Because of these concerns, the Grant County Nutrition Education Program (NEP) took the opportunity to start a Facebook page to share information on healthy nutrition choices and physical activity. Since starting the Facebook page, we have shared live videos, newsletters, food and fitness activities each business day. NEP recipes have also been posted on the page in both English and Spanish to reach a more diverse population. To date, the Grant County NEP Facebook site has received 14,331 views. In May 2020, we offered Facebook Live Healthy Choices for Every Body classes to the community. One participant said, "I'm so excited the classes are available online. My children can watch them with me. I never had time to actually go to the classes in person before." In addition to the Facebook page, the Grant County Supplemental Nutrition Assistance Program shared Healthy at Home and ChopChop newsletters with

schools and local agencies. Also, a Family Fitness Challenge began, including 30 days of suggested physical activities, COVID-19 information, jump ropes, and nutrition education activity sheets, recipes, and handouts. After a Facebook live video on container gardens featuring the NEP Assistant and the Grant County Agricultural Agent, Grant County residents could pick up gardening kits. These kits included a gardening calendar, gardening information,

and seed packets. Although it's not business as usual at this time, the Grant County Cooperative Extension Office Nutrition Education Program is still very much involved in our community and striving to improve the health of Grant County residents.



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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