



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: GRAVES 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 **16.9%** of Graves County residents lived in poverty, and an estimated **25.4%** 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, **35%** of Graves County's adult population was considered obese, and **38%** 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, **2,048** contacts were made with Graves County residents who participated in nutrition education programming.

OUR RESULTS

IN KENTUCKY

Lifestyle improvements

In 2020, **96%** of adult participants made a positive change in food group choices and **75%** showed improvement in one or more food safety practices. In addition, **92%** showed improvement in one or more food resource management practices and **83%** made changes to be more physically active.



OUR SUCCESS

Basics in the kitchen

The Graves County Cooperative Extension Service partnered with the Mayfield Middle and Mayfield High schools' 21st Century Programs to teach Basics in the Kitchen from the fall to spring of the school year. Culinary classes occurred weekly at the high school and every other week at the middle school. We emphasized measuring correctly, using a knife, food safety, MyPlate, microwave cooking skills, and other hands-on cooking skills using low-cost ingredients from recipes that could easily be duplicated at home with little supervision. At the end of the culinary classes, all the participants demonstrated correct hand-washing to remove germs. Almost all (98%) described a serving of fruits and vegetables according to MyPlate and practiced safe and correct knife skills when cutting. The vast majority (97%) used a variety of measuring tools correctly. More than 90% (91%) can read and followed directions to prepare a recipe, while 93.8% understood the danger of cross-contamination and could name one or more food safety practices. All the participants interpreted the Nutrition Label on food packages correctly. After participating in the culinary classes, 93.8% said they intended to prepare more home-cooked food to share with their families.



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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