



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2020 ANNUAL REPORT: GRAYSON 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 **21.4%** of Grayson County residents lived in poverty, and an estimated **28.7%** 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, **37%** of Grayson County's adult population was considered obese, and **36%** 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, 4,699 contacts were made with Grayson County residents who participated in nutrition education programming.

## OUR RESULTS

### IN GRAYSON 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, 83% showed improvement in one or more food resource management practices and 100% made changes to be more physically active.



## OUR SUCCESS

### Nutrition education via social media

Teaching nutrition education classes during the COVID-19 pandemic has been very challenging, but social media platforms have made it both possible and fun. Nutrition Education Program (NEP) Assistants have had to think outside the box and use innovative ways to keep clients up to date and informed with the University of Kentucky's newest nutrition information. During the pandemic, the Grayson County Cooperative Extension NEP Assistant taught a series of classes called Cooking from your Pantry. The classes provided information about how to use existing ingredients to create healthy, nutritious meals for the family. It included how to substitute ingredients in a recipe when they were not available. Nutrition education classes were also taught using the Healthy Choices for Every Body curriculum online. There were challenges in the beginning because of some technical difficulties, but rewards in the end. The individuals who attended the classes said that they learned a lot and are looking forward to more classes in the future, whether in-person or online.



#### 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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