



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: HANCOCK 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 **12.0%** of Hancock County residents lived in poverty, and an estimated **16.3%** 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, **31%** of Hancock County's adult population was considered obese, and **30%** 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, 3,614 contacts were made with Hancock County residents who participated in nutrition education programming.

OUR RESULTS

IN HANCOCK COUNTY

Lifestyle improvements

In 2020, 100% of adult participants made a positive change in food group choices and 69% showed improvement in one or more food safety practices. In addition, 73% showed improvement in one or more food resource management practices and 62% made changes to be more physically active.



OUR SUCCESS

Extension and community partners support families

When the coronavirus pandemic began to shut down businesses in Kentucky, everyone felt the impact. Hancock County Cooperative Extension Expanded Food and Nutrition Education Program (EFNEP) took this as an opportunity to team up with the local food pantry, churches, library, and the family resource center to provide needed assistance. The churches in Hancock County have always been a big help in the community; with the pandemic, we needed their generosity more than ever. The Hancock County EFNEP Assistant was able to deliver ChopChop magazines with groceries, which turned out to be a great success, reaching more than 100 people. There were people in the community who had never seen these magazines which contain family-friendly recipes and nutritional information.

The University of Kentucky Nutrition Education Program (NEP) offers great resources for youths such as coloring papers, easy recipes, and helpful nutritional reading. The EFNEP Assistant, Hancock Public Library, Hancock 4-H, and the Family Resources Center teamed up to give out grab bags. Combining these sources of



information into one bag was a great opportunity to help youths in Hancock County. We offered the grab bags several times and gave away more than 120 bags.

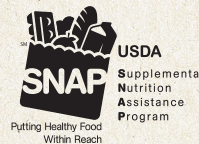
When the pandemic started, the Hancock food pantry and the EFNEP Assistant worked together once every month to ensure that people lacking the means or ability to get to the food pantry were able to receive their groceries. At one local apartment complex, 35 families lacked transportation to the food pantry, so we delivered ChopChop magazines and NEP class information with their groceries. We delivered more than 200 bags of groceries between March and September of this year.

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

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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Food and Environment
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