



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: HARDIN 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 **13.4%** of Hardin County residents lived in poverty, and an estimated **17.7%** 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, **38%** of Hardin 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, 779 contacts were made with Hardin County residents who participated in nutrition education programming.

OUR RESULTS

IN HARDIN COUNTY

Lifestyle improvements

In 2020, **86%** of adult participants made a positive change in food group choices and **71%** showed improvement in one or more food safety practices. In addition, **71%** showed improvement in one or more food resource management practices and **43%** made changes to be more physically active.



OUR SUCCESS

Helping Hardin County rehabilitation center clients

According to the Substance Abuse and Mental Health Administration (SAMHSA), 25,428 individuals were admitted to Kentucky drug and alcohol programs in 2010. Hardin County has 17 rehabilitation facilities that house both male and female residents. Some of the residents at the facilities are from other counties sent to Hardin County for treatment. Since the start of the pandemic, people are struggling to make food last and make healthy meals for themselves and family members. When working with rehab groups, the Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant in Hardin County puts emphasis on food groups, eating more fruits and vegetables, meal preparation, and food safety. One client recently said that the classes taught at the rehabilitation center on food safety and preparing meals for freezing for later use really helped her during this COVID-19 pandemic. She also said that she has started to make better food choices when shopping.



**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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