



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: HARRISON 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 **15.5%** of Harrison County residents lived in poverty, and an estimated **21.7%** 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, **36%** of Harrison 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, **16,111** contacts were made with Harrison County residents who participated in nutrition education programming.

OUR RESULTS

IN HARRISON COUNTY

Lifestyle improvements

In 2020, **100%** of adult participants made a positive change in food group choices and **91%** showed improvement in one or more food safety practices. In addition, **100%** showed improvement in one or more food resource management practices and **100%** made changes to be more physically active.



OUR SUCCESS

Cooking together on Facebook

With the widespread COVID-19 outbreak shutting down much of Kentucky in early March 2020, the Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant with the Harrison County Cooperative Extension Office had to find new ways to connect with the target audience. A Facebook Live event brought adults and youths together in the kitchen to learn about food safety as well as how to read and prepare a recipe. This virtual event gave the participants a chance to connect with others while staying healthy at home. The event included six adults, and 10 youths between the ages of 3 and 14.

Each participant used a Grab and Go bag they picked up at the Harrison County Cooperative Extension office before the virtual event. The bags included a cutting mat, a Quick Creamy Banana Pudding recipe, a Wally Cat apron, a Wally Cat hand-washing publication, and SNAP-Ed food safety publications. Families watched Facebook Live, answered food safety questions in the comments, and prepared the recipe alongside the SNAP-Ed Program Assistant online. All participants were encouraged to share pictures and comments about their experience.



**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.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

