

# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2020 ANNUAL REPORT: HENDERSON 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 **16.3%** of Henderson County residents lived in poverty, and an estimated **21.6%** 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, **36%** of Henderson County's adult population was considered obese, and **31%** 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, 1,474 contacts were made with Henderson 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

### Educational kits during a pandemic

With the COVID-19 pandemic affecting our lives, finding ways to reach our clientele has taken some planning and preparation. While working remotely, the Family and Consumer Sciences (FCS) Agent and FCS Assistant at the Henderson County Cooperative Extension Service decided to offer packaged program kits weekly. Informing community members about the program through Facebook posts and local radio spots resulted in more than 150 bags provided each week. The first program was Get Fit Kentucky, and participating individuals received bands, water bottles, and information on the walking challenge through the UK FitBlue app. We reached more than 2,000 individuals on Facebook.

The next week, we offered Cooking through the Calendar, which included the Supplemental Nutrition Assistance Program Education calendar with recipes and cooking utensils. The participants were encouraged to post photos of their dishes. A few stated that they are cooking through each recipe in the calendar. That week we reached more than 3,500 individuals on Facebook and more than 20,000 on the radio in the listening area. The next week, we



provided a gardening bag which included gloves, seeds, and gardening calendars. We reached 2,700 individuals with this educational kit.

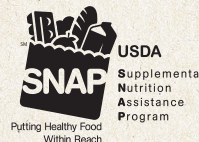
We have received numerous posts stating that participants are so glad that we are offering programs that they can do at home right now and are enjoying sharing them with their children and grandchildren. We will continue to offer educational programming throughout the summer while we are all working remotely and practicing social distancing. We will be adding a QR code that links to the evaluations so participants can tell us what they are learning.

#### 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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