

KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: HICKMAN 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 **17.7%** of Hickman County residents lived in poverty, and an estimated **27.8%** 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, **30%** of Hickman County's adult population was considered obese, and **35%** 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, 7,343 contacts were made with Hickman County residents who participated in nutrition education programming.

OUR RESULTS

IN HICKMAN COUNTY

Lifestyle improvements

In 2020, 93% of adult participants made a positive change in food group choices and 97% showed improvement in one or more food safety practices. In addition, 87% showed improvement in one or more food resource management practices and 97% made changes to be more physically active.



OUR SUCCESS

Extension Day Camp in a Box

The COVID-19 pandemic brought challenges. It brought changes in how families interact, how businesses operate, how students attend classes, and how basic needs are met. The global pandemic did not change what we do at the University of Kentucky Cooperative Extension Service, it only challenged us to find new ways to reach our clientele. The Hickman County Cooperative Extension Staff wanted a way to continue our high-quality educational programs. With 71% of children in low-income families (below 200% of the federal poverty level), according to Kentucky Kids Count data, Extension staff took this as an opportunity to create a new avenue of programming to reach this audience.

The Family and Consumer Sciences Agent, Nutrition Education Program Assistant, 4-H Youth Development Agent, and Agricultural Agent partnered to provide Extension Day Camp in a Box and Extension Explorers Day Camp in a Box. This prepackaged program for home use included age-appropriate healthy youth recipes that could be made with little adult supervision. Activities included herb and vegetable gardening kits, physical

activity challenges and games, gardening publications, and parenting publications. Teaching others where their food comes from and how to grow and prepare produce enables families to access healthier foods. Families in Hickman and Carlisle counties picked up or were delivered 47 boxes. Participant program evaluation results indicated that children learned new skills including growing vegetables and making healthier lifestyle choices, and families spent more quality time together and lessened screen

time. Parents said, “Learning how to grow vegetables and using recipes to prepare them has taught children that you do not have to go to the store to buy them.” This life skill will enable families to save money and valuable resources over time.

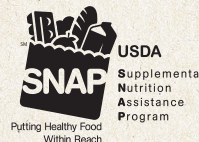


University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

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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