



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: JOHNSON 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 **25.0%** of Johnson County residents lived in poverty, and an estimated **29.0%** 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, **44%** of Johnson County's adult population was considered obese, and **36%** 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, 2,559 contacts were made with Johnson County residents who participated in nutrition education programming.

OUR RESULTS

IN JOHNSON COUNTY

Lifestyle improvements

In 2020, 100% of adult participants made a positive change in food group choices and 100% showed improvement in one or more food safety practices. In addition, 100% showed improvement in one or more food resource management practices and 97% made changes to be more physically active.



OUR SUCCESS

Family fun served with lunch

During April 2020, the Johnson County Senior Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant contacted the Family Resource Center Director at one of the five elementary schools in Johnson County. This center provides lunches for two of the elementary schools within the district of the county. They were serving up to 500 students and family on a daily basis.

After learning the numbers they were meeting daily, the SNAP-Ed Assistant started including COVID-19 related and educational material, ChopChop magazines, newsletters, recipes, and fun nutritional games to the lunch packs. Families received these once a week. Some of the information linked the students and their families to social media posts and programs that the Johnson County Extension Office was offering as well. They could come to the office on days when the agents and staff gave out Family Fun Packs to receive even more important information along with fun games and activities.

After the first month of deliveries, the Family Resource Center Director commented that all of the children were



now looking forward to getting the ChopChop magazine and recipes. More than half of the families told her that they loved trying the recipes they found in the weekly lunch pack. The other half talked about enjoying their trips to the Extension Office and picking up a Family Fun Pack. One mother said her “picky little eater was now trying new foods that she wouldn’t eat before.” She also requested more recipes.

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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