



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: KNOTT 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 **32.1%** of Knott County residents lived in poverty, and an estimated **41.4%** 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, **41%** of Knott County's adult population was considered obese, and **40%** 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, 7,561 contacts were made with Knott County residents who participated in nutrition education programming.

OUR RESULTS

IN KNOTT COUNTY

Lifestyle improvements

In 2020, 100% of adult participants made a positive change in food group choices and 96% showed improvement in one or more food safety practices. In addition, 93% showed improvement in one or more food resource management practices and 84% made changes to be more physically active.



OUR SUCCESS

Healthy Choices for Every Body improves diet

As a response to the impacts of COVID-19, The Nutrition Education Program (NEP) assistant partnered with the Knott County School System and Family Resource Centers to provide assistance to some of the Supplemental Nutrition Assistance Program (SNAP) recipients in the Littcarr area of Knott County. Because in-person classes were suspended because of virus concerns, the NEP Assistant rode the Knott County school lunch bus and met the families most needing help during this time of crisis. Practicing all social distancing guidelines and protocols, participants were enrolled and received the Healthy Choices for Every Body curriculum and unopened ingredients for recipes that accompanied each lesson. Participants received an insulated bag to reuse each week as new ingredients were delivered and kept the bag once the program was over. With food shortages and job loss because of the pandemic, all of the participants expressed gratitude for the program. One participant said it helped with her mental health because it gave her something to look forward to each time they met and exchanged lessons. The NEP Assistant encouraged participants to tell family and



friends how they might benefit from the program as well. As a result of the drop-off program, all of the participants were able to cook food at home more times per week, 86% of participants exercised more, and all of them made some small change to become more active. Overall diet quality improved for participants by nearly 70%. Overall, the Healthy Choices at Home drop-off lessons during the COVID-19 pandemic proved to be extremely helpful and beneficial to the participants.

**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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