



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: LAWRENCE 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 **25.5%** of Lawrence County residents lived in poverty, and an estimated **31.1%** 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, **40%** of Lawrence County's adult population was considered obese, and **33%** 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, 7,354 contacts were made with Lawrence County residents who participated in nutrition education programming.

OUR RESULTS

IN LAWRENCE COUNTY

Lifestyle improvements

In 2020, 100% of adult participants made a positive change in food group choices and 98% showed improvement in one or more food safety practices. In addition, 95% showed improvement in one or more food resource management practices and 93% made changes to be more physically active.



OUR SUCCESS

Nutrition information with hot meals for seniors

The Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant has been able to continuously reach underserved audiences during COVID-19. One way this has been accomplished is through nutrition education information distributed to Lawrence County seniors through the Senior Center lunch program. The Lawrence County Senior Citizens Center has free “drive-by” hot meals available for any person 60 years of age or older. These lunches can be picked up Monday through Friday at the local center. The SNAP-Ed Assistant has collaborated with the Center to provide recipes, newsletters, and informational sheets weekly to be distributed to the seniors who participate in the lunch program. The SNAP-Ed Assistant was also able to get information to all the qualifying seniors for farmers’ market vouchers to help supplement their grocery expenses during these trying times. Additionally, the SNAP-Ed assistant was able to help in the distribution of these vouchers. In total, we reached a minimum of 150 seniors with nutrition education information.



University of Kentucky
Nutrition Education Program
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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.



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