



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: LIVINGSTON 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 **13.9%** of Livingston County residents lived in poverty, and an estimated **23.3%** 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, **32%** of Livingston County's adult population was considered obese, and **31%** 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, 2,782 contacts were made with Livingston 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

Delivering nutrition education safely

Because of COVID-19 pandemic safety restrictions, the food pantry in Livingston County cannot allow clients to enter the pantry. The pantry instated a process that allowed clients to call ahead or come to the door to place an order for food. In order to give clients nutrition information and information on staying safe during the pandemic, the Livingston County Expanded Food and Nutrition Education Program (EFNEP) Assistant supplied hand-washing information and food safety information to the local food pantry to distribute to clientele. More than 500 information fact sheets, calendars, and ChopChop youth magazines were distributed to pantry clients.

The assistant also partnered with the Livingston County Agriculture and Natural Resources Agent to provide clients with easy to prepare, healthy, budget-friendly recipes. The recipe demonstrations were recorded via live Facebook videos and were from the University of Kentucky Nutrition Education Program Calendars and 4-H programming. In some instances, such as before the bread making class, clients were able to pick up bags from



the Cooperative Extension office that contained some of the ingredients needed to prepare the recipes. Disposable loaf pans had been donated to the EFNEP Assistant, and we made these available to clientele. These social media cooking demonstrations reached more than 800 people.

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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