



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: LOGAN 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 **18.0%** of Logan County residents lived in poverty, and an estimated **26.5%** 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, **38%** of Logan County's adult population was considered obese, and **29%** 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, 666 contacts were made with Logan County residents who participated in nutrition education programming.

OUR RESULTS

IN LOGAN COUNTY

Lifestyle improvements

In 2020, 96% of adult participants made a positive change in food group choices and 85% showed improvement in one or more food safety practices. In addition, 85% showed improvement in one or more food resource management practices and 85% made changes to be more physically active.



OUR SUCCESS

Extension responds to COVID-19

During the COVID-19 pandemic, the University of Kentucky Nutrition Education Program (NEP) worked diligently to reach clients virtually to keep Cooperative Extension staff and clientele safe. Logan County's unemployment jumped from 4.1% in February to 15.8% in April 2020. Logan County also experienced a 16% increase in Supplemental Nutrition Assistance Program Food Benefits. The pandemic brought many uncertainties, hardships, and drastic changes in everyday life. In response, the educational materials provided by the Logan County Cooperative Extension NEP provided community members with unbiased research-based information to address concerns and needs during this uncertain time.

The Logan County Cooperative Extension NEP Assistant reached out to clients with educational materials and virtual programming via Facebook, email newsletters, and grab bags available for pick up at the Logan County Cooperative Extension Office. Information shared with clients included proper hand-washing techniques, healthy budget-friendly recipes, recipe demonstration videos, and weekly newsletters through the Logan County NEP

Facebook Page. Through partnerships with the local agencies such as Good Samaritan and Auburn Senior Center, limited-resource clients received educational information regarding proper food preservation and storage as well as quick and frugal recipes utilizing commodities. We created grab bags with information from

each program area to reach community families. We created 25 grab bags with NEP 2020 recipe calendars, dry milk publications, and Healthy Choices newsletters. Through these efforts, the Logan County NEP Assistant reached a total of 2,973 indirect contacts using social media during the last two weeks of March.



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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