



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: LYON 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 **14.5%** of Lyon County residents lived in poverty, and an estimated **20.1%** 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, **27%** of Lyon 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, 6,794 contacts were made with Lyon 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

Home fruit production classes

In coping with the COVID-19 crisis, Lyon County Cooperative Extension Service's home horticulture educational programs were moved to online formats. We presented a fruit tree and blueberry pruning demonstration using Facebook Live. Seven people watched the presentation live, two people said that the information presented was excellent. On Facebook, we reached 369 people with 78 engagements and 172 views. We also taught a home strawberry production class using Zoom. Seven people watched online. We provided four varieties of June-bearing strawberries recommended for Kentucky and copies of the PowerPoint presentation to the participants and 10 others for planting this spring. Several have reported that their plants are growing and doing very well. We also offered the opportunity to participate in a community garden. One low-income resident has participated and has a raised bed in the demonstration garden which includes pumpkins and strawberry plants. Her three grandchildren have been helping with the garden and are excited about the pumpkins and vegetables. In addition, fire blight, freeze damage, soil testing, and lawn care information and links have been posted to the Master Gardener and Agriculture and Natural Resources Facebook pages.



**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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College of Agriculture,
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