



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: MARSHALL 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 **12.1%** of Marshall County residents lived in poverty, and an estimated **17.6%** 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 Marshall County's adult population was considered obese, and **28%** 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, **886** contacts were made with Marshall 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

Super Star Chef cooking camp for kids

According to 2017 data from the State of Obesity website, the current obesity rate for children ages 10 to 17 in Kentucky is 19.3%. This places Kentucky at third highest in the nation for childhood obesity rates in this age group. In addition, the Marshall County Extension Council identified childhood obesity as a grassroots issue facing the community. Recent research has indicated that teaching cooking skills to children encourages healthier food choices, which can lower obesity rates. Last summer, in an effort to address this problem, the Marshall County Family and Consumer Sciences Agent partnered with the Marshall County Children's Arts Center to present SuperStar Chef, a three-day camp for students aged 9 through 12 that is designed to teach kitchen safety, food safety, nutrition concepts, and physical activity. In addition, the students practiced food preparation skills with supervision. Overall, pre-test and post-test comparisons of total participant scores show that the program enhanced understanding of the concepts taught by the program. In addition, all of the participating students agreed or strongly agreed that they could identify healthy foods, and 94% said



they plan to be more physically active. Also, participants' cooking self-efficacy increased from pre-test to post-test. Several of the parents commented on how much the kids like coming to the camp and reported that their children had prepared some of the recipes at home for their families. One parent said, "Our son enjoys planning the family meals and makes a shopping list for food items. We are also visiting the farmers' market for local produce."

**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

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

