



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: MEADE 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 **11.4%** of Meade County residents lived in poverty, and an estimated **15.7%** 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, **37%** of Meade County's adult population was considered obese, and **30%** 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, 667 contacts were made with Meade County residents who participated in nutrition education programming.

OUR RESULTS

IN MEADE COUNTY

Lifestyle improvements

In 2020, 100% of adult participants made a positive change in food group choices and 96% showed improvement in one or more food safety practices. In addition, 100% showed improvement in one or more food resource management practices and 91% made changes to be more physically active.



OUR SUCCESS

Sixth-graders taught fundamentals of cooking

According to 2017-2018 State of Childhood Obesity in Kentucky, 20.8% of youths ages 10 to 17 are obese. Kentucky ranks third highest for this age group. Additionally, 36.6% of adults in Kentucky are considered obese. Changing eating habits and increasing physical activity can help reduce these numbers.

In an effort to combat these issues, Meade County Cooperative Extension Service Expanded Food and Nutrition Education Program (EFNEP) Assistant partnered with David T. Wilson Elementary to conduct a six-week after-school program that involved eight sixth-grade students and their parents. The Assistant taught the students the fundamentals of cooking along with nutrition tips as they prepared two healthy recipes. We then used the Healthy Choices for Every Body lessons to teach the parents about nutrition, food safety, food budgeting, and the importance of physical activity. As a family, they all were able to sample the recipes. At the conclusion of the program, 86% of the participants were preparing meals at home more often and improvements were also seen within food safety. All participants reported that they were using the correct techniques to thaw meat in their homes. Several parents commented that their children were now involved with the planning and cooking of their meals.



University of Kentucky
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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

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