



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: OLDHAM 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 **5.6%** of Oldham County residents lived in poverty, and an estimated **5.1%** 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, **22%** of Oldham County's adult population was considered obese, and **20%** 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, **6,838** contacts were made with Oldham County residents who participated in nutrition education programming.

OUR RESULTS

IN OLDHAM COUNTY

Lifestyle improvements

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



OUR SUCCESS

Healthy recipes shared in newspaper

Because of the challenging times brought on by the COVID-19 pandemic, we reinvented traditional methods of educating families and individuals about nutrition and physical activity. Many families and individuals were forced to stay home and away from others because of COVID-19 regulations. The Oldham Era newspaper reached out to the Oldham County Extension Office to provide resources to readers for trying new, healthy recipes while they were at home and to have fun as a family in the kitchen. The Oldham County Expanded Foods and Nutrition Education Program (EFNEP) Assistant, along with the Oldham County Extension Office Program Assistant, provided a weekly full-page article for 19 weeks to The Oldham Era. Nutrition Education Program recipes and short articles on nutrition and physical activity reached 3,400 households weekly.

Readers made numerous positive comments, especially about the Cooking with Kids and Snack Time articles, which included simple recipes that families could make together. The Oldham County Extension Service plans on continuing the articles this fall with healthy recipes and physical activity resources to keep Oldham County families safe and healthy.



**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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