

KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: OWSLEY 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 **39.2%** of Owsley County residents lived in poverty, and an estimated **47.8%** 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, **46%** of Owsley County's adult population was considered obese, and **26%** 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, 2,897 contacts were made with Owsley County residents who participated in nutrition education programming.

OUR RESULTS

IN OWSLEY 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 100% made changes to be more physically active.



OUR SUCCESS

Nutrition lessons at local food bank

During the 2019-2020 program year, everyone has had to deal with changes. Unfortunately, with the COVID-19 pandemic, a lot of those changes weren't for the better. In collaboration with the local food bank and the Owsley County Extension Service, we taught a series of lessons with hopes of improving nutrition knowledge as well as food safety. Most participants who attend the program are well below the state poverty rate, and the pandemic only added to the hardship of day-to-day life.

During these lessons, most participants arrived at the food bank with limited ways of storing the foods they received. So we tried to provide enough food safety information in hopes of allowing them to store their foods to make them last longer. Not only do the lessons help them with food safety, but they also learn the benefits of the foods they are eating.

Many participants were surprised to find out how many different ways the food they eat can help their bodies to become healthier. Also, when told of health benefits, participants started asking about ways to incorporate



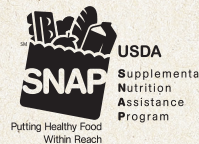
different foods into their diets. One participant said that even though she didn't like the taste of broccoli, when added to a soup recipe, she couldn't even tell she was eating it. But she was glad she did, knowing how healthy it was for her.

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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