



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: PERRY 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 **28.9%** of Perry County residents lived in poverty, and an estimated **37.0%** 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, **41%** of Perry County's adult population was considered obese, and **36%** 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, 4,190 contacts were made with Perry County residents who participated in nutrition education programming.

OUR RESULTS

IN PERRY COUNTY

Lifestyle improvements

In 2020, 100% of adult participants made a positive change in food group choices and 97% showed improvement in one or more food safety practices. In addition, 96% showed improvement in one or more food resource management practices and 96% made changes to be more physically active.



OUR SUCCESS

Healthy Choices for Every Body improves food security

In March 2020, COVID-19 affected the way Cooperative Extension conducted Nutrition Education classes with underserved families in Perry County. The Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant Senior in Perry County partnered with Save the Children to conduct a series of seven nutrition education classes using the University of Kentucky Nutrition Education Program's Healthy Choices for Every Body curriculum. Perry County has several food deserts, and food insecurity is a problem. The county needs a program focusing on these problems. Because of COVID-19, the class became virtual using a closed Facebook Live group. We asked participants to do an entry survey. After completing the series, participants did an exit survey. Upon completing the exit survey, of the 11 participants, 73% showed improvement in food security, and 82% showed improvement in food resource management. The SNAP-Ed Assistant Senior received an email from one participant saying she and her three children have been talking about food safety and how to break down food costs, which helps them lower their grocery budget and that they try to make healthy choices as much as possible.



**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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