



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: PIKE 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 **23.8%** of Pike County residents lived in poverty, and an estimated **31.5%** 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, **39%** of Pike County's adult population was considered obese, and **38%** 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, **9,885** contacts were made with Pike County residents who participated in nutrition education programming.

OUR RESULTS

IN PIKE 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 **98%** made changes to be more physically active.



OUR SUCCESS

Facebook reaches students and families during pandemic

Before COVID-19, the Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant in Pike County, was working with Johns Creek kindergarten (three classes), first grade (three classes) and second grade (three classes), Mullins first grade four classes), and Bevins Elementary kindergarten (two classes). I was also working with two Christian schools, Valley Christian Academy and Christ Central Training Academy (all grades in both schools). I was within three sessions of finishing the programs including LEAP, Professor Popcorn and Teen Cuisine, with all the schools when quarantine started. I also had just started working with Senior Citizens Centers and Veterans' Home teaching Healthy Choices for Every Body. Little did any of us know at the time how long the pandemic would last. I contacted all the schools' principals and media specialists and the directors for the senior centers and veterans' home to collaborate with them through their Facebook pages to reach their students and families.

As of April, we have reached 26,967 families.



**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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