



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: POWELL 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 **22.0%** of Powell County residents lived in poverty, and an estimated **32.9%** 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, **33%** of Powell 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, **14,760** contacts were made with Powell County residents who participated in nutrition education programming.

OUR RESULTS

IN POWELL 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

Girls on the Run

According to the National Survey of Children's Health, Kentucky is ranked the third highest state for childhood obesity with 20.8% of youths ages 10 to 17 being obese. Behaviors that influence excess weight gain include poor diet, lack of physical activity, and sedentary activities such as watching television or other screen devices. The community can also influence the ability to make healthy choices. It can be difficult for parents and children to make healthy choices when they are exposed to environments that do not support healthy habits. Girls on the Run is a national physical activity-based positive youth development program for girls. In fall 2019, the Powell County Family and Consumer Sciences Agent and Bowen Elementary Family Resource Center Director worked to add Girls on the Run at Bowen Elementary School. Girls will gain a better understanding of who they are, what's important to them, the value of teamwork and healthy relationships, and how they can have a positive impact on the world. This curriculum helps girls build confidence, character, and connections which will benefit their communities. The girls contribute to their community

through a Community Impact Project. Physical activity is woven into the program along with life skills to treat others with care, practicing gratitude, and managing emotions. Each season culminates with a Girls on the Run 5K event. This event gives girls a sense of accomplishment and instills the value of goal setting at a young age. This year

11 girls from Bowen Elementary participated in the program. The girls decided to make greeting cards for the Stanton Nursing Home residents as their Community Impact Project. They made more than 80 cards to give to local seniors. At the end of the season, six of the girls completed a 5K race on the grounds of Keeneland.



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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