



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: SCOTT 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 **8.3%** of Scott County residents lived in poverty, and an estimated **10.9%** 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, **34%** of Scott County's adult population was considered obese, and **27%** 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, 1,232 contacts were made with Scott County residents who participated in nutrition education programming.

OUR RESULTS

IN SCOTT COUNTY

Lifestyle improvements

In 2020, 97% of adult participants made a positive change in food group choices and 87% showed improvement in one or more food safety practices. In addition, 73% showed improvement in one or more food resource management practices and 62% made changes to be more physically active.



OUR SUCCESS

Seniors encouraged to stay physically active with packets

One unfortunate side effect of the Coronavirus pandemic has been the isolation felt by our senior population. While necessary to protect the elderly from COVID-19, isolation can be devastating to mental health. To combat this, the Scott County Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant hosted a step challenge to combine physical activity with social distancing. To limit physical contact, NEP partnered with the Scott County Senior Center which was already delivering daily meals to seniors during Healthy At Home orders. The SNAP-Ed Assistant created a physical activity packet to be delivered with meals. Each packet included a Seasoned magazine, NEP handouts on physical activity, recipes, a drawing from a child to brighten their day, a pedometer, and finally a letter inviting them to participate in a 10-day step challenge. We encouraged seniors to reach out to each other for motivation and to call the Scott County Extension Office for more information and resources. The winner would be the person with the most recorded steps at the end of the 10-day challenge. The winner, after noticing an improvement in her mood, committed to using her pedometer when weather allowed and calling her friends from the senior center to check in and motivate them to get moving!



**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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