



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: SHELBY 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 **10.0%** of Shelby County residents lived in poverty, and an estimated **13.6%** 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, **31%** of Shelby 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, **11,994** contacts were made with Shelby County residents who participated in nutrition education programming.

OUR RESULTS

IN SHELBY COUNTY

Lifestyle improvements

In 2020, **91%** of adult participants made a positive change in food group choices and **87%** showed improvement in one or more food safety practices. In addition, **76%** showed improvement in one or more food resource management practices and **70%** made changes to be more physically active.



OUR SUCCESS

Educational articles and recipes distributed

On March 11, 2020, the World Health Organization declared the novel coronavirus (COVID-19) outbreak a global pandemic. The entire country shut down except for declared essential workers. The impact of the pandemic caused a potential loss of income. The Shelby County University of Kentucky Cooperative Extension Family and Consumer Sciences Agent and the Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant addressed the situation by delivering educational articles and publications to Shelby County's Serenity Center Food Bank. As reported by a food distribution worker, "The food lines increased by 400 people each week." For the past 25 weeks, we delivered 200 publications each week to the Serenity Center. The packets focused on the Centers for Disease Control and Prevention guidelines on proper hand-washing, the University of Kentucky's College of Agriculture and Food and Environment's Nutrition Education Program recipes for budget-friendly and healthy food, and the University of Kentucky's College of Agriculture and Food and Environment's Cooperative Extension Healthy At Home newsletters. The articles helped promote potential behavior changes to benefit the community.



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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