



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: TODD 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 **17.1%** of Todd County residents lived in poverty, and an estimated **24.2%** 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, **36%** of Todd County's adult population was considered obese, and **39%** 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, 2,231 contacts were made with Todd County residents who participated in nutrition education programming.

OUR RESULTS

IN TODD COUNTY

Lifestyle improvements

In 2020, 62% of adult participants made a positive change in food group choices and 62% showed improvement in one or more food safety practices. In addition, 46% showed improvement in one or more food resource management practices and 62% made changes to be more physically active.



OUR SUCCESS

Volunteering during COVID-19

Census reporter.org shows Todd County has a 19% poverty rate for seniors over the age of 65. To help meet the needs of seniors, the Pennyrite Allied Community Services (PACS) Todd County Senior Center provides meals and services to individuals 60 years and older on a daily basis. Seniors enjoy the fellowship with other seniors, but for most seniors, the lunch meal is the main source of nutrition for the day. The outbreak of COVID-19 closed the Todd County Senior Citizens Center to inside guests; however, they continued to serve meals drive-thru style or delivered to homebound seniors.

Because of funding cuts, the center's employees could not work while the center was closed. The Todd County Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant helped volunteers to ensure proper food safety practices.

Before COVID-19, the Todd County SNAP-Ed Assistant had been teaching a group each month using the 2020 NEP Calendar and Healthy Choices for Every Body curriculum. This was an opportunity to reach homebound seniors and stay in touch with class participants. The SNAP-

Ed Assistant placed nutrition information, recipes, or My Plate publications with all meals. She was also able to help pass out commodity boxes to seniors who were not enrolled in the NEP program. She talked to seniors as they stopped to pick up food, inviting them to future nutrition classes and handing out calendars and nutrition information. The Todd County Senior Center served 91 seniors with 1,276 meals in April 2020; 87 seniors with 1,979 meals in May; and 96 seniors with 1,536 meals in June. We included



nutrition and health information, MyPlate puzzles, healthy recipes, and/or newsletters with all meals. The University of Kentucky Nutrition Education Program helped reach isolated seniors with necessary health and nutrition information during the COVID-19 restrictions.

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

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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