



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: TRIMBLE 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 **16.5%** of Trimble County residents lived in poverty, and an estimated **20.6%** 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, **37%** of Trimble County's adult population was considered obese, and **33%** 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, 6,764 contacts were made with Trimble County residents who participated in nutrition education programming.

OUR RESULTS

IN KENTUCKY

Lifestyle improvements

In 2020, 96% of adult participants made a positive change in food group choices and 75% showed improvement in one or more food safety practices. In addition, 92% showed improvement in one or more food resource management practices and 83% made changes to be more physically active.



OUR SUCCESS

4-H Grab and Go bags

This year, because of COVID-19, county programming was changed like never before. Schools were closed and people were not allowed to gather. This made the job of a county 4-H Agent extremely hard, as we had to change all of our programming from hands-on to virtual and self-studies. In Trimble County, and across the state, the 4-H Agent gathered supplies and equipment to give county youths the opportunity to continue learning valuable, fun, and interactive lessons while remaining safe at home. The 4-H Agent supplied eight Grab and Go Kits for the residents of Trimble County. There were a variety of different kits and bags that families were able to take home and work on together. The kits included a family Cook Together, Eat Together bag with recipes; gardening kits with several different seeds that were donated by our local hardware store; clay sculpting and watercolor projects for a county fair entry; sidewalk chalk games; a science, engineering, and technology kit with three different science lessons; and online video instructions detailing how to make our State Fair Brownie recipe. In total, we gave out 216 kits during our Grab and Go projects this year, and it helped our community not only with educational instructions, but also with getting our services out to clientele who normally would not have been involved with traditional programming.



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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