



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: WASHINGTON 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 **13.8%** of Washington County residents lived in poverty, and an estimated **20.9%** 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, **35%** of Washington County's adult population was considered obese, and **25%** 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, **6,893** contacts were made with Washington County residents who participated in nutrition education programming.

OUR RESULTS

IN WASHINGTON COUNTY

Lifestyle improvements

In 2020, **96%** of adult participants made a positive change in food group choices and **80%** showed improvement in one or more food safety practices. In addition, **80%** showed improvement in one or more food resource management practices and **68%** made changes to be more physically active.



OUR SUCCESS

Healthy Choices for Every Body improves diet

Washington County reports that 29% of its residents have some form of hypertension and report being physically unhealthy at least five days a month. To combat these numbers, the Washington County Family and Consumer Sciences Agent and the Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant conducted a Facebook Live class using the Healthy Choices for Every Body curriculum. Weekly virtual meetings were held over the course of two months. This group reached seven participants, and 16 additional people in those participants' families. In addition to the Healthy Choices for Every Body curriculum, we demonstrated and discussed a related recipe. At the end of the program, 100% of participants showed improvement in one or more nutrition practice such as diet quality, food safety, and/or food resource management. The 70% positive change in fruit and vegetable consumption will help with the participants overall health and well-being.

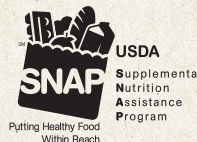


University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

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.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

