



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: WAYNE 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 **28.1%** of Wayne County residents lived in poverty, and an estimated **36.0%** 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, **40%** of Wayne County's adult population was considered obese, and **37%** 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, **11,855** contacts were made with Wayne County residents who participated in nutrition education programming.

OUR RESULTS

IN WAYNE COUNTY

Lifestyle improvements

In 2020, **97%** of adult participants made a positive change in food group choices and **92%** showed improvement in one or more food safety practices. In addition, **87%** showed improvement in one or more food resource management practices and **92%** made changes to be more physically active.



OUR SUCCESS

Increasing school and community gardens in Wayne County

When COVID-19 hit, face-to-face contacts with clients had to cease for the Expanded Food Nutrition Education Program (EFNEP) Assistant. The EFNEP Assistant decided to focus on gardening. Wayne County had one school garden but there were none in the county for public use. Adanta Clinical wanted to work more hands-on with their clients on gardening. Monticello Head Start wanted a raised-bed garden in which their children could see plants growing and actually eat what they had planted and grown. The EFNEP Assistant worked with the administration of both facilities, the Agriculture and Natural Resources (ANR) Agent, and Agriculture Assistant to plan for two new beds at each facility and to complete a raised bed at the Extension office. The ANR Agent also agreed to supply plants from the Extension greenhouse. The EFNEP Assistant constructed three raised beds at Adanta Clinical. We completed the beds at Adanta Clinical in late August and will yield fresh greens for the clients to eat there this fall or to take home. Adanta will freeze any additional harvest for use after the clients view the food preservation video on Freezing Food. As



an addendum to this report, Adanta clients picked greens from the raised beds to share with Horizon Adult Daycare and House of Blessings. Some of the clients had meals from House of Blessings this summer and said, "It felt good to give back." A long bed was constructed at Monticello Head Start in late September. It will be fully utilized with plants in the spring of 2021. Both agencies are looking forward to a full year of vegetable growing in 2021. Wayne County increased from one school garden to two school gardens and two community gardens.

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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