



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: BATH COUNTY

### OUR FOCUS

The Kentucky Nutrition Education Program (KYNEP or NEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP), and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Both programs 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 2020, the median household income in Kentucky is \$52,256, 20% lower than the U.S. median household income of \$65,712.<sup>1</sup> Kentucky also has higher percentages of overall and child poverty<sup>1</sup> and food insecurity<sup>2</sup> among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	Kentucky	U.S.
<b>Total Poverty<sup>1</sup></b>	16.0%	12.3%
<b>Child Poverty<sup>1</sup></b>	20.9%	16.8%
<b>Food Insecurity<sup>2</sup></b>	13.8%	10.5%

In 2020, an estimated 20.4% of Bath County residents overall lived in poverty, and an estimated 29 were residents under age 18.<sup>1</sup>

#### Obesity and physical inactivity

Today, 60% of all Americans live with at least one chronic disease. These include heart disease and stroke, cancer, and diabetes.<sup>3</sup> These diseases are all associated with obesity and physical inactivity. In 2020, Kentucky ranked



in the top five states in the country for obesity with a rate of 36.6% for adults.<sup>4</sup> The percentage of physically inactive Kentuckians is 32%, ranking it in the top seven most physically inactive states in the nation.<sup>5</sup> A large amount of data show 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.<sup>3</sup>

The County Health Rankings and Roadmaps Kentucky report shows that 46% of Bath County's adult population have obesity and 40% were physically inactive.<sup>5</sup>

## 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 2021, 1,115 contacts were made with Bath County residents who participated in nutrition education programming.

## OUR RESULTS

### IN KENTUCKY

#### Lifestyle improvements

In 2021, 98% of adult participants made a positive change in food group choices and 89% showed improvement in one or more food safety practices. In addition, 96% showed improvement in one or more food resource management practices and 80% made changes to be more physically active.



## OUR SUCCESS

### Power of Produce in Bath County

The Power of Produce program, sponsored by the National Farmers Market Coalition, produced significant results in its fourth year. Grant and donation monies were attained through various sources such as Humana Insurance Group, Kentucky Department of Agriculture, Crossroads Elementary, Bath County Middle School, and Owingsville Elementary Youth Service Centers. These agencies assured sufficient supplies and resources to provide a well-rounded 2021 program. Each session was held at the farmers' market. The University of Kentucky Cooperative Extension Service agents in Bath County led learning activities focusing on fruits and vegetables. The Family Resource Center coordinator led physical activity sessions. Bath County Memorial Library's Book Mobile brought books and other activities

focused on related topics. The SNAP-Ed assistant hired through Kentucky State University provided nutrition education opportunities for participants and caregivers. Participants were able to earn up to \$6 each session, which totaled \$788 in vouchers throughout the program. A total of 120 kids participated this summer, which averaged 30 students each week. Nearly 70% of participants came to the farmers' market more than once, and 33% participated at least four out of six weeks. Adults said children loved to cook with the produce they bought at the market. Half of the participants returned from last year, while others said they would not have come to the farmers' market if it were not for this program. Even during the global pandemic, everyone worked together to provide a safe environment for participants to learn, grow, and have fun.



#### University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

##### SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates 2020
2. United States Department of Agriculture Economic Research Service
3. CDC National Center for Chronic Disease Prevention and Health Promotion 2019
4. The State of Obesity Report 2020
5. CDC Behavioral Risk Factor Surveillance System

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