



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: EDMONSON 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**.¹ Kentucky also has higher percentages of overall and child poverty¹ and food insecurity² among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	Kentucky	U.S.
Total Poverty¹	16.0%	12.3%
Child Poverty¹	20.9%	16.8%
Food Insecurity²	13.8%	10.5%

In 2020, an estimated **18.2%** of Edmonson County residents overall lived in poverty, and an estimated **22** were residents under age 18.¹

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.³ 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.⁴ The percentage of physically inactive Kentuckians is **32%**, ranking it in the top seven most physically inactive states in the nation.⁵ 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.³

The County Health Rankings and Roadmaps Kentucky report shows that **40%** of Edmonson County's adult population have obesity and **25%** were 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 2021, 396 contacts were made with Edmonson 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

Renewed Interest in Food Preservation

Each year during the gardening season, Edmonson County residents reach out to the Edmonson County Cooperative Extension Service with questions about food preservation. During the pandemic, many families had a renewed interest in home food preservation. Because of COVID restrictions, the FCS (Family and Consumer Sciences) agent was not able to accommodate in-person food preservation classes in Edmonson County. So, the FCS agent created SOKY Home Food Preservation. This is a Facebook group, moderated by the Mammoth Cave Area FCS Agents, in which clients could ask food preservation questions and

agents could share information. The group has grown to 168 members. The Edmonson County FCS agent and Barren County FCS agent partnered to teach a food preservation basics class. COVID restrictions meant only six clients could attend the class. Therefore, the class was livestreamed in the Facebook group where 20 clients were able to watch live. In the past year, participants reported 1,389 pints of fruits, pickles, jams, jellies, sauces, and relishes were canned; 1,542 pints of vegetables, soups, meats, or other value-added products were canned through pressure canning; 334 pints of fruits or vegetables were frozen; and 390 pints of fruits or vegetables were dried.



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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