



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: ESTILL 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 30.9% of Estill County residents overall lived in poverty, and an estimated 32 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 35% of Estill County's adult population have obesity and 34% 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, 100 contacts were made with Estill County residents who participated in nutrition education programming.

OUR RESULTS

IN ESTILL COUNTY

Lifestyle improvements

In 2021, 100% of adult participants made a positive change in food group choices and 86% showed improvement in one or more food safety practices. In addition, 100% showed improvement in one or more food resource management practices and 100% made changes to be more physically active.



OUR SUCCESS

Eat Better for Less Program

After the Covid-19 lockdowns ended and community partners in Estill County started opening back up, the Estill County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant reached out to the Estill County Housing Authority to inquire about using their meeting room. The Healthy Choices program specifically targets families that live in low-income housing. Flyers were made and distributed to each family living at the Housing Authority. The flyer was also posted in the local newspaper as well as at several community partners. The four-week program used the seven core lessons from the Healthy Choices for Every Body curriculum with an emphasis on healthy eating while planning nutritious meals on a budget. A total of four senior citizens enrolled in the program with three of them finishing the program. The participants enjoyed all the lessons but especially the Food

Safety for Every Body lesson. One participant stated she was not aware that thawing food out on the counter could be harmful, and said she appreciated learning something new that could help keep her and her food safe. The participant also enjoyed the Know the Limits lesson and the visual aids used to help explain the lesson, which include fat, salt, and sugar tubes. These visual aids were a big help to the SNAP-Ed assistant in explaining why some foods need to be limited. Another participant expressed that she appreciated visual aids especially the sugar visual aids as she is a diabetic and occasionally has trouble figuring out the sugar content of certain foods. The Estill County SNAP-Ed assistant really enjoyed the opportunity to teach an in-person lesson again! The director of the Estill County Housing Authority was pleased with the success and invited the SNAP-Ed assistant back to do another program in the fall.



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

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.



PlanEatMove.com



Facebook.com/KYNEP



YouTube.com/UKKYNEP