



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: GRAYSON 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 **25.4%** of Grayson County residents overall lived in poverty, and an estimated **30** 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 **44%** of Grayson County's adult population have obesity and **35%** 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, 2,537 contacts were made with Grayson County residents who participated in nutrition education programming.

## OUR RESULTS

### IN GRAYSON COUNTY

#### Lifestyle improvements

In 2021, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **89%** showed improvement in one or more food resource management practices and **95%** made changes to be more physically active.



## OUR SUCCESS

### Cooking with Teenagers

The SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant in Grayson County recently taught a group of high school students using the Teen Cuisine curriculum. Some of the students had never cooked before, while others had been cooking for a few years. Each one said they learned so much and wanted to come back again for more classes. The evaluations from the students showed significant changes in their eating habits and lifestyles. By the end of the series, 44% of the students were eating more vegetables daily, while 67% increased the amount of daily fruit they were eating. With further assessment, this group had a 78% increase in eating whole grains and a 44% increase in their daily activity levels. Participants commented: “I love this class, when can we come back?”, “I never knew I could cook anything, and now look at me!”, and “The food I cooked actually tastes good!”



#### 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.

