



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: HANCOCK 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 **11.8%** of Hancock County residents overall lived in poverty, and an estimated **16** 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 Hancock County's adult population have obesity and **24%** 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, 1,090 contacts were made with Hancock County residents who participated in nutrition education programming.

OUR RESULTS

IN HANCOCK COUNTY

Lifestyle improvements

In 2021, 100% of adult participants made a positive change in food group choices and 92% showed improvement in one or more food safety practices. In addition, 97% showed improvement in one or more food resource management practices and 89% made changes to be more physically active.



OUR SUCCESS

4-H Culinary Arts Club Virtual Teen Cuisine and Salsa Garden

According to the USDA Economic Research Service (ERS), 43% of all food spending in 2012 was on food away from home, compared to just 25% in 1970. Foods prepared away from home are higher in calories, total fat, and saturated fat and lower in calcium, fiber, and iron. Although there are many reasons why food eaten away from home is the foundation of many Americans' diets, one factor is the decline in cooking skills. For this reason, Teen Cuisine aims to empower teens to adopt healthier lifestyles by teaching them the knowledge and skills needed to prepare nutritious and delicious snacks and meals at home. In addition to cooking skills, the 2015-2020 Dietary Guidelines for Americans recommends that nutrition professionals and educators teach skills such as meal planning and label reading, help youths develop plans to limit screen time and time spent being sedentary, and increase physical activity among individuals. Teaching teens the knowledge and skills required to make informed food and lifestyle choices, educators will be helping them to increase their confidence to apply these skills at home, which can lead to positive eating patterns and better health.



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.



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