



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: JACKSON 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 32.0% of Jackson County residents overall lived in poverty, and an estimated 36 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 42% of Jackson County's adult population have obesity and 40% 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, 30,137 contacts were made with Jackson 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

Healthy Choices at New Hope Recovery Center

The Jackson County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant partnered with the New Hope Recovery Center to teach an eight-week program using the Healthy Choices for Every Body curriculum. The SNAP-Ed assistant visited the program twice a month. During this time the focus was on preparing healthy meals on a budget, food safety, proper hand-washing, and how to incorporate good nutrition back into their lifestyle. At each class, the group also discussed the importance of daily physical activity. The group enjoyed the hands-on food prep and trying all the new recipes.

Because of the COVID-19 pandemic, the last class was taught using Zoom. When the series was complete, 90% of the participants stated they had incorporated skills learned from the Healthy Choices classes to purchase and prepare healthier meals while also saving money at the grocery store. In times of a pandemic, it was even important that participants receive the knowledge and skills needed to get their health back on track. As a result of the classes, participants stated they are now striving to make better lifestyle choices to overcome addictions and negative health choices, which helped them become better role models to their friends and families.



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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