



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: KNOTT 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 **31.2%** of Knott County residents overall lived in poverty, and an estimated **34** 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 **43%** of Knott County's adult population have obesity and **41%** 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, **6,318** contacts were made with Knott County residents who participated in nutrition education programming.

OUR RESULTS

IN KNOTT COUNTY

Lifestyle improvements

In 2021, **98%** of adult participants made a positive change in food group choices and **84%** showed improvement in one or more food safety practices. In addition, **96%** showed improvement in one or more food resource management practices and **86%** made changes to be more physically active.



OUR SUCCESS

Virtual Learning with Hickory Hills Recovery Center

In March 2020, COVID-19 hit our community shutting down many things. The Knott County Cooperative Extension Service addressed the community's needs by hosting media trainings to help Nutrition Education Program assistants (NEP) reach their clients. The NEP assistant enrolled in these trainings to learn how to reach clients with online media and how to use ZOOM virtual classroom. Having a resource to provide nutrition education to Hickory Hill Recovery Center, a substance abuse in-patient men's recovery center, is vital to the clients' recoveries. The Centers for Disease Control reported an

increase in overdose deaths in Kentucky in 2017. The United States National Library of Medicine states that a person suffering from substance abuse is more likely to relapse when they have poor eating habits. The SNAP assistant continued to provide nutrition classes twice a month to approximately 60 patients. Seven core lessons from the Healthy Choices for Every Body curriculum were presented which includes many nutrition and food preparation topics, such as MyPlate meal plan; meal and menu planning; fats, proteins, carbohydrates, sodium; food budgeting; the importance of eating breakfast; healthy recipes; and food safety.



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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