



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: LAWRENCE 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 26.5% of Lawrence County residents overall lived in poverty, and an estimated 29 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 45% of Lawrence County’s adult population have obesity and 33% 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, 4,334 contacts were made with Lawrence County residents who participated in nutrition education programming.

OUR RESULTS

IN LAWRENCE COUNTY

Lifestyle improvements

In 2021, **100%** of adult participants made a positive change in food group choices and **97%** showed improvement in one or more food safety practices. In addition, **100%** showed improvement in one or more food resource management practices and **65%** made changes to be more physically active.



OUR SUCCESS

Professor Popcorn Makes a Positive Impact with Youth

The Lawrence County SNAP-Ed assistant partnered with Louisa East Elementary School Family Resource Youth Service Center (FRYSC) to provide Professor Popcorn to all third through fifth grade students. In Kentucky, 23.8% of youths ages 10 to 17 are obese, giving Kentucky a ranking of 1 among the 50 states and D.C. (stateofchildhoodobesity.org). The SNAP-Ed assistant taught six lessons to stress the importance of healthy eating and physical activity. A total of 281 students participated in the series. As a result, 97% of youths improved diet quality practices, 72% of youths improved food practices related to handling food safely, 66% of youths improved in physical activities and 99% of youths improved in 1 or more core areas.



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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