



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: LEE 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 **34.6%** of Lee County residents overall lived in poverty, and an estimated **44** 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 Lee 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, 5,348 contacts were made with Lee 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

Food Insecurity

Lee County citizens have below average health as compared to other counties in the state and is considered to have a high ranking compared to other counties when it comes to food insecurity. Lee County also ranks below the state's mean on all health statistical categories. The Lee County Cooperative Extension Service office addressed this problem by educating citizens on production and consumption of fresh fruits and vegetables using raised bed gardening and gardening in general. We conducted more than 25 gardening lessons in the past four years and more than 1,200 people visited or observed the demonstration on raised beds. From surveys, we have more than 35 newly constructed raised beds as a result from the educational programs conducted. Of the surveyed participants, 90% said they consumed more fresh fruits and vegetables because of their participation in the gardening programs. More than 50% of participants increased or started preservation of their own fruits and vegetables.



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.

