



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: LINCOLN 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 21.3% of Lincoln County residents overall lived in poverty, and an estimated 26 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 33% of Lincoln County's adult population have obesity and 30% 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, 1,335 contacts were made with Lincoln County residents who participated in nutrition education programming.

OUR RESULTS

IN LINCOLN COUNTY

Lifestyle improvements

In 2021, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **100%** showed improvement in one or more food resource management practices and **0%** made changes to be more physically active.



OUR SUCCESS

Senior Citizen Nutrition Bags

Since the beginning of the COVID-19 pandemic, many programming and enrichment opportunities were taken away or greatly altered for the citizens of Lincoln County. One demographic that was particularly affected by this change is the elderly. Approximately 125 people in this age group previously attended the Lincoln County Senior Citizen Center which had to cease daily activities in March of 2020. Many socially fulfilling and educational programs were held here, including monthly visits from the Lincoln County Extension Office. Since this type of programming was unsafe for their clients, the center delivered weekly food boxes to all the seniors' homes, remaining in contact, and providing help. To continue

outreach with this group, the Lincoln County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant partnered with the staff at the Senior Center to provide educational goodie bags for the seniors receiving food boxes. Between October 2020 and April 2021, 750 bags were distributed. These bags varied each time, but always included educational materials on subjects like MyPlate, reading labels, budgeting, food safety, and other topics covered in the Healthy Choices for Every Body curriculum. Even though in-person lessons were not possible with this group, providing these bags for the seniors all throughout the pandemic helped to maintain a relationship and connection that allowed for more interactive programming in the future.



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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