



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: MARSHALL 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 **10.4%** of Marshall County residents overall lived in poverty, and an estimated **17** 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 **36%** of Marshall County's adult population have obesity and **29%** 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, 6,393 contacts were made with Marshall 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 Preservation Techniques Made Popular Post-Pandemic

The economic downturn has produced increased interest in home gardening and food preservation. These practices allow families the ability to control added ingredients such as salt and sugar, especially for those on restricted diets. Through Cooperative Extension Service, a series of food preservation videos have been produced to assist clientele during times that face-to-face programming is not feasible. Increased interest in learning more about all preservation methods continues to be evident at the Marshall County Extension Office. Video sessions provide opportunities for clientele to view a variety of preservation methods and decide

which is the best fit for their families. Pressure and water-bath canning equipment, dehydrators, and jam and jelly makers may be borrowed from the Extension office for family use. Families who do not currently grow their own gardens report they support local growers through roadside stands and farmers markets in the area and preserve fruits and vegetables purchased in bulk. Extension resources continue to be a mainstay during times of increased interest in home gardening and food preservation. Many families report they have increased the number of items preserved at home, as they have experienced the benefits firsthand.



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.

