



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: MORGAN 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 22.7% of Morgan County residents overall lived in poverty, and an estimated 33 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 Morgan County's adult population have obesity and 32% 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, 9,925 contacts were made with Morgan 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

Double Dollar Program Promotes Food Security

A high percentage of Morgan County's population is eligible for supplemental food assistance including the Senior and WIC (Women, Infants and Children) Farmers Market Nutrition Programs administered by the local health department. The current pandemic has only caused additional food insecurity for many of these families. The ANR (Agriculture and Natural Resources) agent received a \$2,667 KY Double Dollars grant from Community Farm Alliance which allowed WIC and Senior FMNP (Farmers Market Nutrition Program) participants to double their vouchers up to \$12 per day when purchasing fresh fruits and vegetables at the Morgan County Farmers Market. As a result of this grant, more than 150 WIC and Senior FMNP participants were able to double the amount of fresh produce provided to their families – plus, farmers nearly doubled their income for the season! Participants and farmers alike were appreciative of the difference these additional dollars made nutritionally and economically.



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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