



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: OHIO 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.<sup>1</sup> Kentucky also has higher percentages of overall and child poverty<sup>1</sup> and food insecurity<sup>2</sup> among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	Kentucky	U.S.
<b>Total Poverty<sup>1</sup></b>	16.0%	12.3%
<b>Child Poverty<sup>1</sup></b>	20.9%	16.8%
<b>Food Insecurity<sup>2</sup></b>	13.8%	10.5%

In 2020, an estimated **18.9%** of Ohio County residents overall lived in poverty, and an estimated **20** were residents under age 18.<sup>1</sup>

#### 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.<sup>3</sup> 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.<sup>4</sup> The percentage of physically inactive Kentuckians is **32%**, ranking it in the top seven most physically inactive states in the nation.<sup>5</sup> 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.<sup>3</sup>

The County Health Rankings and Roadmaps Kentucky report shows that **31%** of Ohio County's adult population have obesity and **41%** were physically inactive.<sup>5</sup>

## 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, 3,571 contacts were made with Ohio 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

### Youth Discover Kitchen Skills with 4-H Chef Club

In response to the need to get nutrition and food safety information out during the COVID-19 pandemic, the Ohio County 4-H Youth Development agent and program assistant teamed up to provide nutrition information through the community 4-H Chef Club. Working with 4-H youths in the kitchen is a great way to develop nutrition self-confidence and proficiencies in reading, following directions, and math while teaching life skills about nutrition, hand-washing, and food safety in the uncertain conditions of the current COVID-19 pandemic. The 4-H Chef Club blended all these components into two fun two-hour 4-H club meetings for Ohio County youths. A total of 31 youths participated in hands-on nutrition and food safety activities to learn food preparation and measuring skills, kitchen safety, and the importance of nutritious foods in their diet. Special emphasis was placed on proper hand-washing and proper washing and

preparation of fruits and vegetables. The youths received specific training in proper washing of foods and on knife safety when cutting fruits and vegetables. End of session surveys revealed, 100% of the youths reported they learned about the importance of washing hands before handling food, washing fruits and vegetables before consumption, keeping raw foods separate from cooked foods, and proper food cutting techniques. In a follow-up survey, 80% of the youths reported sharing and implementing their skills with family members. All the youths reported they had made two healthy snacks with their family and planned to make more. When asked what the most important concept was, they learned from the sessions, 60% indicated that “learning how to properly wash and prepare fruits, vegetables and other foods” as the most beneficial skill learned. All participants received “It’s a Wash,” “How to Slice and Dice,” and “How to Hold a Knife” publications.



#### 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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