



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: OWSLEY 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 30.3% of Owsley County residents overall lived in poverty, and an estimated 44 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 47% of Owsley County's adult population have obesity and 27% 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, 6,382 contacts were made with Owsley County residents who participated in nutrition education programming.

## OUR RESULTS

### IN OWSLEY COUNTY

#### Lifestyle improvements

In 2021, 93% of adult participants made a positive change in food group choices and 73% showed improvement in one or more food safety practices. In addition, 87% showed improvement in one or more food resource management practices and 60% made changes to be more physically active.



## OUR SUCCESS

### Bridging the Gap

The Owsley County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant was asked to partner with Kentucky River Community Care to offer nutrition information via Zoom. The program ran for seven weeks and approximately 30 participants joined the program. Participants joined either from a community center or private homes. The SNAP-Ed assistant provided the Healthy Choices for Every Body curriculum, and seven lessons were completed. Participants were asked weekly about changes they made to their lifestyle and diet based on topics covered the previous week. At the end of the program, participants confirmed they were more conscious of the foods they were eating, the serving sizes, and their lack of fruits and vegetables. Thanks to partnering with this organization, people were able to get nutrition information that would not have been available to them because of current restrictions or lack of computer access.



#### 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.



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