



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: PIKE 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 **24.9%** of Pike County residents overall lived in poverty, and an estimated **30** 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 **40%** of Pike County's adult population have obesity and **38%** 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, 16,325 contacts were made with Pike County residents who participated in nutrition education programming.

OUR RESULTS

IN PIKE COUNTY

Lifestyle improvements

In 2021, 100% of adult participants made a positive change in food group choices and 98% showed improvement in one or more food safety practices. In addition, 100% showed improvement in one or more food resource management practices and 96% made changes to be more physically active.



OUR SUCCESS

Keeping My Family Happy and Healthier

A new partnership between the Pike County Expanded Food and Nutrition Education Program (EFNEP) and Goodwill has provided an opportunity for EFNEP to assist people in transition and return to their communities successfully. The Pike county EFNEP assistant teaches seven required lessons virtually from the Healthy Choices for Every Body curriculum to Goodwill participants enrolled in RISE (Reintegrating Individuals Successfully Every Day). RISE participants are taught how to plan and choose healthier foods based on the MyPlate plan. They learned how to read labels, meal plan, portion out food, eat better

on a budget, and handle food safety. At the end of the lessons, participants receive recipes and a variety of kitchen utensils needed to prepare the recipes. Eight participants entered the program with a 100% graduation rate. Eighty-nine percent showed improvement in nutrition practices, 93% improved in food resource management, 84% improved in physical activity, and 88% in food safety. One client shared, "I am positive I will forever keep with me the knowledge that was given to me about feeding myself and my children in a healthier manner and constantly teaching these habits to them as they grow up so they can become healthier and happier adults."



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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