



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: POWELL 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 21.4% of Powell County residents overall lived in poverty, and an estimated 32 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 29% of Powell County's adult population have obesity and 26% 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, 1,691 contacts were made with Powell 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

Physical Activity with Youth

The Centers for Disease Control reports that 18.4% of Kentucky's youths are obese and 17% have an overweight classification of becoming obese. It is evident that an increased level of physical activity is essential. Physical activity has been proven to help youths build healthy bones, muscles, heart, and lungs while also helping them boost self-esteem and keep a healthy body weight. To raise awareness to this issue, the Powell County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant senior was asked to come to one of the local elementary schools to teach

the importance of physical activity to all second graders as a summer school activity. The book "Joey the Kangaroo" was read aloud as the children were asked to do each exercise with Joey. Each child was given a parent letter to take home to inform the parents of what the kids were taught that day, and to also let them know that you can have fun while discreetly incorporating exercise into your daily routine. The children loved doing the activities along with Joey and even asked to have it read to them a second time. Out of the 32 children, all stated they would be asking their parents to purchase the "Joey the Kangaroo" book.



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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