



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: ROCKCASTLE 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 **20.0%** of Rockcastle County residents overall lived in poverty, and an estimated **31** 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 **37%** of Rockcastle County's adult population have obesity and **33%** 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, 1,395 contacts were made with Rockcastle 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

### Food Preservation Training Assists Rockcastle Families with Food Security

During the pandemic, local families developed a renewed interest in gardening and food preservation to always have food available to the family. In June 2021, the FCS (Family and Consumer Sciences) agent collaborated with KCEOC (Kentucky Communities Economic Opportunity Council) child development center and KEHA (Kentucky Extension Homemakers Association) to offer food preservation workshops. In response to increased requests for food preservation materials, the Rockcastle County Extension Office also distributed 68 food preservation kits to educate clients on preserving food from their gardens or local farms. In addition, clientele could pick up a

complete set of canning guides with two to three small pieces of equipment needed for canning or freezing foods. Two different surveys were distributed to the clientele to determine the use of the canning guides. A total of 41 people returned a survey. All the clientele that responded to the surveys said they used the recipes and processing times in the University of Kentucky guidelines. Respondents reported the following numbers of food items preserved: fruit or fruit products - 77 jars; vegetables - 3,070 jars; tomato products - 592 jars; and pickles and fermented foods - 175 jars. One respondent shared that this was her first-time canning food at home and that the step-by-step guideline assisted her in having success.



#### 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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