



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: TRIMBLE 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 17.3% of Trimble County residents overall lived in poverty, and an estimated 16 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 38% of Trimble County's adult population have obesity and 35% 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, 7,211 contacts were made with Trimble 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

Bingocize

According to the Centers for Disease Control and Prevention, regular physical activity is vital for healthy aging because it helps delay, prevent, or manage many chronic diseases. Physical activity can aid in reducing the risk of functional limitations in mid-life and older adults. Unfortunately, many adults are sedentary or inactive. A study from the Morbidity and Mortality Weekly Report (2016) says that among adults 50 or older, 28% were physically inactive and inactivity was 30% higher among those with a chronic disease. To address this concern, the Trimble County Cooperative Extension Family and Consumer Sciences agent implemented the program Bingocize, which is a 10-week program that combines the game of bingo,

exercise, health education, and social engagement with the goal to increase physical activity and reduce sedentary behavior. Exercises consist of range of motion, balance, muscle strengthening, and endurance exercises. Each session included performing exercises together, nutrition, health education, and “take home” cards for participants to complete exercises and tasks at home to reinforce the weekly health education information. Of the 12 participants who were enrolled, the majority reported and displayed in class improved lower or upper body strength, gait, balance, and range of motion. Participants also improved knowledge of falls risk reduction and nutrition. One participant reported that she feels stronger, more balanced, and has a much better range of motion.



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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