



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: WASHINGTON 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 15.2% of Washington County residents overall lived in poverty, and an estimated 20 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 Washington 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, 6,786 contacts were made with Washington County residents who participated in nutrition education programming.

## OUR RESULTS

### IN WASHINGTON COUNTY

#### Lifestyle improvements

In 2021, 87% of adult participants made a positive change in food group choices and 67% showed improvement in one or more food safety practices. In addition, 73% showed improvement in one or more food resource management practices and 67% made changes to be more physically active.



## OUR SUCCESS

### Teaching LIVE in a Different Way

The Kentucky Nutrition Education Program (NEP) develops an annual recipe calendar full of healthy, easy-to-prepare recipes using available ingredients for our low-income participants. Using the NEP Calendar, cooking demonstrations were recorded live on Facebook with 500 NEP calendars distributed in Washington County. During the first three months of the online food demonstration series, 758 people engaged with these videos. These numbers are expected to rise as the series progresses. Participant comments include: "Love these wonderful cooking demonstrations so much. I have learned so much from these. I have also enjoyed the tasty recipes too. Thank you so much for your creative uplifting services for our community. You're truly appreciated. Sign me up for the classes you were speaking of on this video. Everyone, these are excellent and fun classes to learn so much from. And they are free to attend virtually. Can even get all the free information in printouts mailed to you or pick up from County Extension Office."



#### 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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