



Nutrition Education Program

2017 Annual Report: Crittenden County

Our Focus

The Nutrition Education Program works in all 120 counties to improve the lives of limited-resource Kentuckians through education and changes in behavior and in community. Through the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP), the University of Kentucky Cooperative Extension Service has agents and nutrition assistants across the state who are dedicated to improving lives in their communities.



Our Challenge

Poverty

In Kentucky, household median income is \$46,659, which is much lower than the U.S. median of \$57,617.¹ Kentucky has high rates of poverty and food insecurity when compared to the United States as a whole.¹

	Kentucky	U.S.
Total Poverty	18.5%	14.4%
Child Poverty	25%	19.8%
Food Insecurity	17.3%	13%
Very Low Food Secure	7.4%	5.2%

In 2014, an estimated 1,823 Crittenden County residents lived in poverty, and 642 of them were children. This is a 1.0% increase in total poverty and 9.0% increase in child poverty since 2007.²

SNAP benefits

Participation in the SNAP program among those who are eligible for its benefits is higher in Kentucky than in the U.S. as a whole.¹

In 2015, 1,128 Crittenden County residents received SNAP benefits, a 10.3% increase since 2007.³

	Kentucky	U.S.
SNAP Participation	91%	83%



Obesity

Nearly half of all American adults experience one or more preventable, diet-related chronic conditions, such as high blood pressure, cardiovascular disease, type 2 diabetes, and obesity.⁴ Kentucky has a high prevalence of hypertension, diabetes, and obesity, ranking in the top 10 when compared to other states.⁵ A large body of evidence shows 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.⁴

In 2013, 2,356 Crittenden County residents were considered obese, representing 33.8% (26.7%-41.8%) of the county's population.⁶

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 2017, **2,323** Crittenden County residents with limited resources participated in nutrition education lessons.

Our Results

IN CRITTENDEN COUNTY

Lifestyle improvements

In 2017, **97%** of adult participants made a positive change in food group choices and **73%** showed improvement in one or more food safety practices. In addition, **76%** began to plan meals in advance more often and **83%** used the “Nutrition Facts” on food labels to make food choices more often. Youth participants also experienced behavior changes, with **83%** improving their ability to choose healthy foods.

Our Success

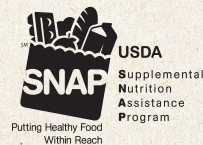
Professor Popcorn helps students find value in veggies

Now in its second year, the Crittenden County EFNEP assistant and 4-H agent, in cooperation with their local elementary school, worked with 100 second-grade students to teach the importance of good nutrition and how vegetables are grown by helping the students put together window sill containers in their classroom. The students cared for the plants daily while learning about the food groups, food safety and healthy nutrition through MyPlate and Professor Popcorn curriculum. At the end of the year, the 4-H agent and EFNEP assistant showed the students how to wash the lettuce they had grown and each student was able to taste their classroom grown produce. Other vegetable selections were provided so students could make their own salads. Survey results showed that:

- 98% of the students loved the salad and would eat salad again
- 100% indicated they would like to grow their own vegetables
- 95% said they had tried a vegetable they had never eaten before and would eat it again



University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension



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SOURCES: 1. Frac.org/reports-and-resources/national-and-state-program-data-2, accessed December 2017; 2. U.S. Census Bureau, Small Area Income and Poverty Estimates; 3. Kentucky Department for Public Health, Cabinet for Health and Family Services, Statewide Summaries, December 2007, 2013, 2015; 4. 2015-2020 Dietary Guidelines for Americans; 5. Stateofobesity.org, accessed December 2017; 6. Centers for Disease Control and Prevention (CDC), County Data Indicators, Obesity Prevalence

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