



Our Focus

The Kentucky Nutrition Education Program, as part of the University of Kentucky Cooperative Extension Service, encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Both programs utilize agents and assistants to 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 US Census estimates for 2017, the median household income in Kentucky is **\$48,332**, almost 20% lower than the U.S. median household income of **\$60,336**.¹ Kentucky also has higher percentages of poverty and food insecurity among its population compared to census estimate for the United States overall.

	Kentucky	U.S.
Total Poverty	17.1%	13.4%
Child Poverty	22.1%	18.4%
Food Insecurity	14.7%	12.3%

In 2017, an estimated **1,602** Crittenden County residents lived in poverty, and an estimated **580** were children under 18.¹

Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet and physical inactivity.² These include high blood pressure, cardiovascular disease, type 2 diabetes and stroke.



In 2017, the percentage of obese adults in Kentucky was **34.3%**, ranking it in the top 10 states for highest obesity rates in the country. The percentage of physically inactive Kentuckians was **34.4%**, ranking it as the most physically inactive state in the nation. Kentucky was also ranked in the top 10 for high percentages of adults with diabetes (**12.9%**) and adults with hypertension (**39.4%**).³ 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.²

In 2015, **32.5%** of Crittenden County's adult population were considered obese, and **27.7%** were considered physically inactive.⁴

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 2019, 1,791 contacts were made with Crittenden County residents who participated in nutrition education programming.

Our Results

IN CRITTENDEN COUNTY

Lifestyle improvements

In 2019, 97% of adult participants made a positive change in food group choices and 83% showed improvement in one or more food safety practices. In addition, 92% showed improvement in one or more food resource management practices and 90% made changes to be more physically active. Youth participants also experienced behavior changes, with 87% improving their ability to choose healthy foods.

Our Success

Watching My Garden Grow

Planting and watching a garden grow can be a great experience for youth. The Crittenden County Agriculture and Natural Resources agent worked with Audubon Area Early Childhood Development program in Marion to start seeds and establish two raised garden beds. The Early Childhood students planted squash seeds in early spring. They watched the seeds grow into young seedlings. At the beginning of summer, the squash plants, along with cucumbers, tomatoes, and peppers, were planted outside in raised garden beds. Building materials for the garden beds were purchased by the Crittenden County School 21st Century Program; topsoil was donated by a local farmer; and the seeds, plants, and fertilizer were purchased with SNAP-Ed funds from the Crittenden County Extension Office. The ANR agent built and filled the raised beds, and the children helped to plant the vegetable seedlings. As the vegetables grew, the children watered and tended to the small vegetable garden with assistance from their teachers. All produce was sent home with the children. The Audubon Early Childhood Development families were able to enjoy fresh vegetables that could be included in healthy meals at no cost to the family. The children enjoyed watching and helping in the garden.



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SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates
2. World Health Organization Media Centre
3. The State of Obesity Report 2019
4. 2019 County Health Rankings & Roadmaps

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



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