



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2020 ANNUAL REPORT: CARLISLE COUNTY

### 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 U.S. Census estimates for 2019, 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 poverty and food insecurity among its population compared to census estimates for the United States overall.

	Kentucky	U.S.
<b>Total Poverty</b> <sup>1</sup>	16.0%	12.3%
<b>Child Poverty</b> <sup>1</sup>	20.9%	16.8%
<b>Food Insecurity</b> <sup>2</sup> <i>(Actual ratings during COVID-19 may be higher)</i>	14.7%	11.7%

In 2018, an estimated **17.2%** of Carlisle County residents lived in poverty, and an estimated **23.7%** were children younger than 18.<sup>1</sup>

#### Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet and physical inactivity.<sup>3</sup> These include high blood pressure, cardiovascular disease, type 2 diabetes, and stroke.



In 2019, the percentage of obese adults in Kentucky was **36.5%**, ranking it in the top 10 states for highest obesity rates in the country. The percentage of physically inactive Kentuckians was **30.6%**, ranking it among the top five most physically inactive states in the nation. Kentucky was also ranked in the top 10 for high percentages of adults with diabetes (**13.3%**) and adults with hypertension (**40.9%**).<sup>4</sup> 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.<sup>3</sup>

In 2020, **27%** of Carlisle County's adult population was considered obese, and **33%** was considered 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 2020, 1,373 contacts were made with Carlisle County residents who participated in nutrition education programming.

## OUR RESULTS

### IN CARLISLE COUNTY

#### Lifestyle improvements

In 2020, 100% of adult participants made a positive change in food group choices and 100% showed improvement in one or more food safety practices. In addition, 67% showed improvement in one or more food resource management practices and 100% made changes to be more physically active.



## OUR SUCCESS

### Helping seniors eat healthy

Before the COVID-19 pandemic, the Carlisle County Nutrition Education Program (NEP) paraprofessional provided Healthy Choices for Every Body lessons during the distribution of food commodities to approximately 20 participants. In March 2020, the pandemic closed all physical locations for in-person sessions, and there were no longer volunteers to prepare food commodities for distribution. The Carlisle County Cooperative Extension was able to fill in the gap. Along with the Family and Consumer Sciences Agent, the NEP SNAP-Ed Assistant went to the senior citizen center to bag families' commodities biweekly. We placed information packets in each bag. Information packets contained a Healthy at Home newsletter, healthy recipes to go along with the commodities, food safety information, and food storage tips. As a result, contacts increased to 140 county residents. In September, a new community partner, Wave Ag, provided 75 \$10 gift cards to a local grocery for the purchase of fresh fruits, vegetables, and meats. This partnership allowed us to reach more families and reduced food insecurity in Carlisle County. The Nutrition Education Program will continue to reach food-insecure families through this new partnership and provide nutritional information to a bigger audience.



#### University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

##### SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates
2. America's Health Rankings 2019
3. World Health Organization Media Centre
4. The State of Obesity Report 2019
5. 2019 County Health Rankings & Roadmaps

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