



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: CHRISTIAN 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**.¹ 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.
Total Poverty ¹	16.0%	12.3%
Child Poverty ¹	20.9%	16.8%
Food Insecurity ² <i>(Actual ratings during COVID-19 may be higher)</i>	14.7%	11.7%

In 2018, an estimated **18.2%** of Christian County residents lived in poverty, and an estimated **26.3%** were children younger than 18.¹

Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet and physical inactivity.³ 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%**).⁴ 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.³

In 2020, **34%** of Christian County's adult population was considered obese, and **31%** was considered 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 2020, 19,576 contacts were made with Christian County residents who participated in nutrition education programming.

OUR RESULTS

IN CHRISTIAN COUNTY

Lifestyle improvements

In 2020, 93% of adult participants made a positive change in food group choices and 91% showed improvement in one or more food safety practices. In addition, 89% showed improvement in one or more food resource management practices and 61% made changes to be more physically active.



OUR SUCCESS

Providing nutrition education during COVID-19

During the COVID-19 pandemic, the Christian County Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant contributed to the county in many ways. We passed out more than 8,200 helpful handouts about the virus, hand-washing, children's activities, nutritional information, and recipes at food distribution centers, school lunch programs, grocery stores, and the local Veteran's center. We also shared this information with clients via emails and mailings. The Assistant also taught Healthy Choices for Every Body classes via Zoom to provide a sense of normalcy and information as well as a friendly face to as many clients as possible. There were several groups that participated in the lessons including community members at a women's recovery rehabilitation center and an adult comprehensive center. The Zoom classes included live cooking demos and fun interactive activities. In addition to the 35 current clients who graduated the class during this time, we gained 20 new clients. In addition, the SNAP-Ed Assistant provided health information via the county's Nutrition Education Program Facebook page to help established clients and to interest new people. We also made videos demonstrating how to cook some of the Nutrition Education Program's healthy and economical recipes. Some of these videos reached more than 370 viewers.



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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