



KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: CRITTENDEN 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 **17.8%** of Crittenden County residents lived in poverty, and an estimated **28.7%** 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, **31%** of Crittenden County's adult population was considered obese, and **30%** 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, 3,692 contacts were made with Crittenden County residents who participated in nutrition education programming.

OUR RESULTS

IN KENTUCKY

Lifestyle improvements

In 2020, 96% of adult participants made a positive change in food group choices and 75% showed improvement in one or more food safety practices. In addition, 92% showed improvement in one or more food resource management practices and 83% made changes to be more physically active.



OUR SUCCESS

Grab and Go bags reach new clientele

Because of the COVID-19 pandemic, the Crittenden County Extension Office was forced to rethink the way to deliver quality programming to our clientele without face-to-face contact. We offered Grab and Go bags with projects from all three program areas during the months of March and April. We advertised when bags were available on our county Facebook page using a quick video. The bags included educational materials for adults and youths with information on gardening, agriculture, money management, arts, cooking, healthy living, and STEM activities to name a few. Most days, all the bags were picked up within a few hours. Of participants responding to a Facebook survey, 88% picked up bags two or more times, 44% more than five times. We managed to reach a new audience, with 24% identifying as new clientele. Of the activities provided, families enjoyed the family activities kits, agriculture and gardening bags, arts, and cooking the most. More than three-quarters (79%) of the audience indicated that they or a family member learned a new skill. Many participants shared that their family is learning how to garden and take care of plants. Because

of the activities and educational resources provided, 79% indicated that their families are making healthy lifestyle choices, 95% were engaging in more family time, 83% were growing a garden together, and all said they will continue to use the services that the Crittenden County Extension Service provides. There was also a place for people to add their name, address, and phone number if they would like to receive more information about what the Crittenden County Extension Service provides to the community.

During this time, the Crittenden County Extension office was still able to provide clientele with quality educational programming for the whole family. It provided a positive service to help people and families during this stressful time.



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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