

KENTUCKY NUTRITION EDUCATION PROGRAM

2020 ANNUAL REPORT: TRIGG 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 **13.1%** of Trigg County residents lived in poverty, and an estimated **25.0%** 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, **33%** of Trigg 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, 3,069 contacts were made with Trigg County residents who participated in nutrition education programming.

OUR RESULTS

IN TRIGG COUNTY

Lifestyle improvements

In 2020, 90% of adult participants made a positive change in food group choices and 100% showed improvement in one or more food safety practices. In addition, 80% showed improvement in one or more food resource management practices and 70% made changes to be more physically active.



OUR SUCCESS

Including recipes and newsletters with food boxes

In August 2020, Trigg County's Supplemental Nutrition Assistance Education Program (SNAP-Ed) Assistant delivered 100 cookbooks titled, "Using Recipes from the Emergency Food Assistance Program," to Micah Mission's food pantry. Learning of the Mission's new safe procedures of providing food to the limited-resource families during COVID-19, the SNAP-Ed Assistant formed a partnership with the Mission to assist in its efforts.

Six weeks into the partnership, the SNAP-Ed Assistant has printed and shared 1,250 healthy and easy recipes, 300 Seasoned magazines, and 200 Healthy at Home newsletters. In addition, 921 boxes of food have been distributed to meet the needs of limited-resource families. Continuing to work with the Mission, the SNAP-Ed Assistant is looking forward to enrolling families into the Nutrition Education Program classes when the COVID-19 pandemic is over.

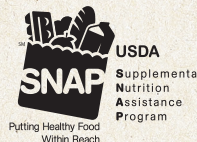


University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

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

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



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