



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: ADAIR COUNTY

### OUR FOCUS

The Kentucky Nutrition Education Program (KYNEP or NEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP), and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Both programs 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 2020, 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 overall and child poverty<sup>1</sup> and food insecurity<sup>2</sup> among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	Kentucky	U.S.
<b>Total Poverty<sup>1</sup></b>	16.0%	12.3%
<b>Child Poverty<sup>1</sup></b>	20.9%	16.8%
<b>Food Insecurity<sup>2</sup></b>	13.8%	10.5%

In 2020, an estimated 20.5% of Adair County residents overall lived in poverty, and an estimated 30 were residents under age 18.<sup>1</sup>

#### Obesity and physical inactivity

Today, 60% of all Americans live with at least one chronic disease. These include heart disease and stroke, cancer, and diabetes.<sup>3</sup> These diseases are all associated with obesity and physical inactivity. In 2020, Kentucky ranked



in the top five states in the country for obesity with a rate of 36.6% for adults.<sup>4</sup> The percentage of physically inactive Kentuckians is 32%, ranking it in the top seven most physically inactive states in the nation.<sup>5</sup> A large amount of data show 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>

The County Health Rankings and Roadmaps Kentucky report shows that 40% of Adair County's adult population have obesity and 34% were 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 2021, 1,652 contacts were made with Adair County residents who participated in nutrition education programming.

## OUR RESULTS

### IN KENTUCKY

#### Lifestyle improvements

In 2021, 98% of adult participants made a positive change in food group choices and 89% showed improvement in one or more food safety practices. In addition, 96% showed improvement in one or more food resource management practices and 80% made changes to be more physically active.



## OUR SUCCESS

### Family Gardening Program

In 2020, our daily routines were altered as a pandemic swept across our nation. As a result, traditional in-person Extension programming was halted; however, the needs of local citizens remained. The Adair County Extension staff worked together to develop a “grab and go” educational gardening program to provide families educational assistance in planting, growing, and harvesting fresh homegrown produce. Seeds and plants were donated and purchased from local businesses. Extension agents developed fact sheets on planting, fertility, pest management, harvesting, and food preservation. Supplies and educational materials were distributed via a series of “grab and go” educational events where participants could pick up the

materials in a safe manner. A total of 42 families participated in the program. Evaluations revealed that this was the first time 40% of the participants had ever grown a garden. All of the participants found the educational information helpful. More than half, 53%, of the participants' gardens produced excess items that were frozen or canned for later consumption. Survey results revealed the program allowed families to spend more time together, increase exercise, and consume more fresh produce. Ten youths entered garden produce in the Adair County Virtual Floral Hall. In addition, three youths entered produce grown from their family garden into the 2020 4-H Virtual Cloverville for the 2020 Kentucky State Fair.



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

##### SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates 2020
2. United States Department of Agriculture Economic Research Service
3. CDC National Center for Chronic Disease Prevention and Health Promotion 2019
4. The State of Obesity Report 2020
5. CDC Behavioral Risk Factor Surveillance System

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