

KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: ALLEN 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 \$65,712.¹ Kentucky also has higher percentages of overall and child poverty¹ and food insecurity² among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	Kentucky	U.S.
Total Poverty¹	16.0%	12.3%
Child Poverty¹	20.9%	16.8%
Food Insecurity²	13.8%	10.5%

In 2020, an estimated 18.7% of Allen County residents overall lived in poverty, and an estimated 24 were residents under age 18.¹

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.³ 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.⁴ The percentage of physically inactive Kentuckians is 32%, ranking it in the top seven most physically inactive states in the nation.⁵ 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.³

The County Health Rankings and Roadmaps Kentucky report shows that 37% of Allen County’s adult population have obesity and 40% were 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 2021, **1,016** contacts were made with Allen County residents who participated in nutrition education programming.

OUR RESULTS

IN ALLEN COUNTY

Lifestyle improvements

In 2021, **95%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **100%** showed improvement in one or more food resource management practices and **91%** made changes to be more physically active.

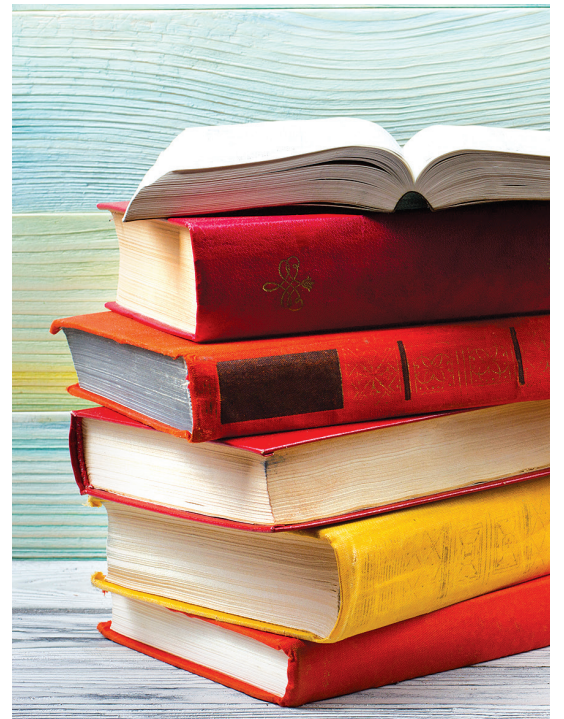


OUR SUCCESS

Reading is FUNdamental!

The Allen County Cooperative Extension Service SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant partnered up with HANDS program, Early Childhood Council, Allen County Public Library, and Dugas Park to help with the early childhood development of children in Allen County. Participants who visited the storybook trail at Dugas Park walked a one-third-mile trail with 28 permanent podiums installed. Participants stopped at each podium to read an educational page of the story. Each month, a new educational book is installed in the podiums. To include a twist of nutrition and

physical activities, there are seven podiums that include nutritious recipes that the participants can take home and make with their families. There are seven podiums that include physical activities that the participants do while walking the trail. The trail has about 400 participants per week. The storybook improves reading and kindergarten readiness for the youths of Allen County. As the storybook changes every month, this gives the kids something to look forward to during uncertain times of COVID-19. The trail encourages reading comprehension, healthier lifestyles with physical activities, and overall health with nutritious recipes.



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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