



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: CARLISLE 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 **16.8%** of Carlisle County residents overall lived in poverty, and an estimated **25** 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 **28%** of Carlisle County's adult population have obesity and **31%** 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, 1,342 contacts were made with Carlisle County residents who participated in nutrition education programming.

OUR RESULTS

IN CARLISLE COUNTY

Lifestyle improvements

In 2021, **100%** of adult participants made a positive change in food group choices and **0%** showed improvement in one or more food safety practices. In addition, **100%** showed improvement in one or more food resource management practices and **100%** made changes to be more physically active.



OUR SUCCESS

Gardening To-Go Program Encourages Homegrown Food

Although an agricultural region, when it comes to available fresh produce, Carlisle County is lacking. With no notable producers of local fruits or vegetables, there is no farmers' market available in the entire county. Two local supermarkets provide the only available fresh options within 20 miles. With that in mind, the Agriculture and Natural Resource agent and Family and Consumer Sciences agent from the Carlisle County Extension Office recognized a need and opportunity to provide the community with education, resources, and a small start-up project. Gardening To-Go was offered during times of restricted social guidelines because of the COVID-19 pandemic. Because participants were advised against gathering in social groups, ANR and FCS Extension combined to

distribute take-home gardening kits to residents. Kits contained agricultural guides and publications, seed packets, gardening calendars, young tomato and pepper plants, and recipes using fresh produce. Agents dedicated time to individually speak to each participant as they received their kit, ensuring each was comfortable with their garden start-up kits. More than 65 community members received kits! Many have reached out to share their success with the tomato plants and pepper plants. New-found gardeners are encouraged to expand on their newly acquired skill. Food preservation and even marketing and distribution are shown as attainable goals, with resources available in hopes that the "seed" of gardening will flourish into local producers and a farmers' market for the community.



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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College of Agriculture,
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