



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: CLINTON 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 24.1% of Clinton County residents overall lived in poverty, and an estimated 33 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 38% of Clinton County's adult population have obesity and 36% 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, 3,543 contacts were made with Clinton County residents who participated in nutrition education programming.

## OUR RESULTS

### IN CLINTON COUNTY

#### Lifestyle improvements

In 2021, **100%** 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 **90%** made changes to be more physically active.



## OUR SUCCESS

### Taking Healthy Choices Online

With continued COVID-19 restrictions and uncertainties, the Clinton County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant decided face-to-face classes were no longer the safest way to reach clients and deliver programs. The SNAP-Ed assistant, using innovation and a newly developed skill set, started offering virtual programming to clients. Lessons used resources from the Healthy Choices for Every Body curriculum, a curriculum that focuses on providing opportunities for participants to gain knowledge and skills to create behavior change that will lead to a healthy lifestyle within the confines of a limited budget. A private Facebook group proved to be the easiest way to provide educational content to participants. Facebook Live made it possible to provide direct education and a weekly time for clients to interact with the SNAP-

Ed assistant, without the risks involved in meeting face-to-face. Live videos were presented and posted weekly alongside recipes, handouts, and additional resources related to the weekly topic. Completing all lessons, 14 adults graduated from the program. Program outcomes were measured using pre-and post-surveys. Over two months, behavior outcomes were evident in multiple areas. The results revealed promising statistics: 79% ate more red, orange, and green vegetables; 50% cooked dinner at home more often; 65% improved their overall food safety procedures; 75% improved their food resource management, and 86% made efforts to be more active every day. One participant, excited about starting the program, recruited nine additional participants to join the sessions allowing for more group engagement and meaningful discussion. This group continues to meet monthly to discuss budgeting and share meal planning ideas.



#### 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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