



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: CRITTENDEN 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 14.5% of Crittenden County residents overall lived in poverty, and an estimated 32 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 38% of Crittenden County’s adult population have obesity and 28% 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, 2,194 contacts were made with Crittenden 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

Grow Your Own Pizza Garden

Agriculture provides almost everything we eat, use, and wear daily. National Ag Day is celebrated each March to recognize and celebrate the contribution of agriculture to our everyday lives. The Crittenden County Extension Service wanted to take part in helping their community understand agriculture. The FRYSC (Family Resource Youth Services Center) and the 21st Century program in our local school system were required to conduct virtual family events throughout the school year. In collaboration with community partners, the idea of a "Pizza Night" was created. Families "drove through" to pick up a "kit" that included ingredients to make a pizza at home with their family that was provided by FRYSC. Crittenden

County Extension Service provided tomato, pepper, oregano, and basil seeds as well as soil to start their own Pizza Garden at home along with instructions on how to start and care for the plants. SNAP-Ed (Supplemental Nutrition Assistance Program Education) pizza recipes were provided. A 4-H Club set up a story walk at the city/county park with a fun family book called "Growing Your Own Pizza Garden." This event served 350 families with "kits" to help educate them on raising their own vegetables and recipes to use those vegetables. Through this event, awareness was raised about agriculture to many families in our community and celebrated through a delicious pizza and starting their own Pizza Garden.



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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