



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: GARRARD 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 15.7% of Garrard County residents overall lived in poverty, and an estimated 22 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 31% of Garrard County’s adult population have obesity and 27% 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, 1,515 contacts were made with Garrard County residents who participated in nutrition education programming.

OUR RESULTS

IN GARRARD 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 77% made changes to be more physically active.



OUR SUCCESS

Reaching Youth During COVID-19

The COVID-19 pandemic impacted nearly every aspect of life. School-age children possibly felt the greatest impact with schools closing abruptly. Beginning in June 2020, and continuing through the fall, the Garrard County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant wanted to make sure the students in the county still felt connected. The SNAP-Ed assistant delivered educational materials to approximately 600 elementary and middle school students throughout the city. Additionally, the SNAP-Ed assistant traveled to the rural areas of the county to meet with children and their families, maintaining social distance, to provide nutrition education materials, and to let the families know they were not alone during the pandemic. Through these rural visits, 720 children and their families received healthy snack kits as well as Chop Chop newsletters, and activities pertaining to healthy eating habits for kids. The children were not only excited to receive their kits, but also thrilled to share their activities and snacks with their families.



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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