



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: HARRISON 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 **17.6%** of Harrison County residents overall lived in poverty, and an estimated **21** 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 **33%** of Harrison County's adult population have obesity and **35%** 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, **6,631** contacts were made with Harrison County residents who participated in nutrition education programming.

## OUR RESULTS

### IN HARRISON 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 **100%** made changes to be more physically active.



## OUR SUCCESS

### Reaching the Community

As the COVID-19 pandemic continued to make it difficult to reach clients in person, the Harrison County SNAP-Ed (Supplemental Nutrition Education Assistance Program Education) assistant collaborated with the local Save-A-Lot grocery store. Each week the SNAP-Ed assistant reviewed the items on sale for that week and provided a recipe corresponding with the items on sale. Handouts were placed in the three-slot tray for customers to pick up. The display board was also updated with nutrition information and recipes each week. Customers picked up more than 5,000 helpful handouts over a six-month period. The handouts included topics such as fruits, vegetables, hand-washing, food safety, and recipes. The partnership with Save-A-Lot grocery has put nutrition information in the hands of Harrison County residents at a time when social distancing was still needed.



#### 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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