



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: TRIGG 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 **11.8%** of Trigg County residents overall lived in poverty, and an estimated **23** 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 **36%** of Trigg County's adult population have obesity and **34%** 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, 13,359 contacts were made with Trigg County residents who participated in nutrition education programming.

## OUR RESULTS

### IN TRIGG 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, 93% showed improvement in one or more food resource management practices and 53% made changes to be more physically active.



## OUR SUCCESS

### Creative Partnership Tackles Hunger and Introduces Families to MyPlate

Trigg County Public Schools are adopted into a child nutrition program called CEP (Community Eligibility Provision) that identifies high poverty in low-income areas. This program allows a breakfast and lunch to be served to all students at no cost. SNAP (Supplemental Nutrition Assistance Program) is one part of the CEP formula that determines a school's eligibility. The SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant in Trigg County used the month of March (being National Nutrition Month), to provide a nutrition lesson to families of 1,000 students. The double-sided colorful and fun ChooseMyPlate.gov page titled "Find your balance between food and fun!" was placed in folders that were sent home with students.



#### 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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