



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: BALLARD 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 15.4% of Ballard County residents overall lived in poverty, and an estimated 24 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 Ballard County's adult population have obesity and 36% 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, **899** contacts were made with Ballard 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

Youth Discover Food through MyPlate

Ballard County has 45 youths involved in nutrition education classes through the 21st Century Afterschool Program. Fifteen kindergarteners and first graders, along with 15 second and third graders and 15 fourth and fifth graders participated in this program. They rotated through the class every three weeks. The class focused on where our food comes from, food groups, and serving sizes. They applied what they learned by making a MyPlate of their own and then their own menu for a day. Each lesson also included physical activity. Lessons were adapted from Professor Popcorn and were age appropriate for the topics. The youths excelled at identifying foods and whether they came from plants or animals and were proficient at identifying appropriate food groups.



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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