



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: BOONE 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 7.2% of Boone County residents overall lived in poverty, and an estimated 9 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 37% of Boone County's adult population have obesity and 23% 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, 12,191 contacts were made with Boone County residents who participated in nutrition education programming.

## OUR RESULTS

### IN BOONE COUNTY

#### Lifestyle improvements

In 2021, 98% of adult participants made a positive change in food group choices and 78% showed improvement in one or more food safety practices. In addition, 83% showed improvement in one or more food resource management practices and 75% made changes to be more physically active.



## OUR SUCCESS

### Driving Through and Nourishing a Community

The Boone County Nutrition Education Program assistants partnered with the Northern Kentucky Florence LiveWell Coalition, in conjunction with the Northern Kentucky Health Department, Freestore Foodbank, and Florence Christian Church, to distribute food to food insecure adults and children in the Florence community. Every second Tuesday of the month, fresh produce, pantry supplies, breads, protein, and dairy were dispensed free to the Florence community via a drive-thru or walk-up distribution site. Florence residents and senior citizens from a neighboring senior apartment complex drove through in their cars with open trunks. Families from the neighboring school and local

homeless residents would walk up to receive these essential food supplies twice monthly. The University of Kentucky Nutrition Education Program assistants helped in distributing the supplies along with providing nutrition newsletters and healthy recipes that complement the items that were being distributed each month. Residents not only received healthy produce items, but they also learned ways to create meals with the produce they received. Approximately 270 households have been helped twice a month. Aiding the needs of 723 individuals, the Nutrition Education Program assistants encourage participants to create simple, healthy, and affordable meals that nourish our community.



#### 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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