



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: BOURBON 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 15.3% of Bourbon County residents overall lived in poverty, and an estimated 20 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 33% of Bourbon County's adult population have obesity and 29% 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, 7,878 contacts were made with Bourbon County residents who participated in nutrition education programming.

OUR RESULTS

IN BOURBON COUNTY

Lifestyle improvements

In 2021, 95% of adult participants made a positive change in food group choices and 77% showed improvement in one or more food safety practices. In addition, 100% showed improvement in one or more food resource management practices and 91% made changes to be more physically active.



OUR SUCCESS

Taking Care of Your Body

To keep Bourbon County youths moving and learning this summer, North Middletown Elementary School hosted a summer youth camp. The school invited the Bourbon County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant senior to provide programming. Over the course of four weeks, campers learned how to take care of the organs in their bodies using food and exercise. The Organwise Guys curriculum was used for this group. The youths began the series by learning about MyPlate and the different food groups. Lessons focused on the heart, lungs, large intestine, bones, and muscles as well as how the food you eat can affect your body. The youths participated in MyPlate relay games, in which they had to pick a food card,

run to the food group bags, and identify where the food belonged, then run back to their team. Each of the participants received reinforcement items that will help them continue to be healthy at home as well as some items to get them moving more. A total of 38 youths, ranging from kindergarten through second grade, participated in the program. Based on the pre- and post-test evaluations, 82% improved their ability to recognize dairy foods, and 87% improved one or more knowledge or skill(s) necessary to choose foods consistent with Federal Dietary Guideline recommendations. Of the 38 youths, 84% improved their knowledge or skills related to handling food safely. A student in the group commented, "I didn't know what I ate could hurt my body. I want my body to be a sports car and not a rusted out old car!"



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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