



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: BOYD 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 **18.9%** of Boyd County residents overall lived in poverty, and an estimated **32** 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 **40%** of Boyd County's adult population have obesity and **35%** 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, 3,979 contacts were made with Boyd County residents who participated in nutrition education programming.

OUR RESULTS

IN BOYD COUNTY

Lifestyle improvements

In 2021, 99% of adult participants made a positive change in food group choices and 91% showed improvement in one or more food safety practices. In addition, 96% showed improvement in one or more food resource management practices and 82% made changes to be more physically active.



OUR SUCCESS

MOO-tivated to Drink More Milk

According to the Centers for Disease Control (CDC), 41.4 % of Kentucky youths consume sugar-sweetened beverages each day. The CDC reported the consumption of sugar-sweetened beverages is associated with parents' lack of knowledge of the health risks associated with these beverages. The director of an after-school program observed the students drinking an abundance of fruit flavored drinks, sports drinks, and soda pop. The director contacted the Boyd County Supplemental Nutrition Assistance Program Education (SNAP-Ed) assistant expressing concern over the poor beverage choices of the students. The SNAP-Ed assistant partnered with the after-school program teaching monthly classes using the Professor Popcorn curriculum, with an emphasis on the dairy food group and the importance of drinking milk.

During the program, students participated in the National Dairy Association's virtual

“Adopt-a-Calf.” The calf was born in September and students received monthly updates on the growth of their calf. They received coloring books, puzzles, and other materials teaching them about milk from farm to table. The students were given color-changing cups to encourage them to drink more milk. The SNAP-Ed assistant sent home recipes for the families to try together using dairy products and to educate the caregivers about the importance of cutting down on sugar-sweetened beverages. The post survey results showed that participants had a 52% positive change in drinking less sugar-sweetened beverage such as fruit flavored drinks or sports drinks and a 29% improvement in drinking less soda or pop. More than 90% said their ability to choose foods according to Federal Dietary Recommendations had improved. Also, more than 78% said they drank more milk because “they liked to watch their cups change color.”



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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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