



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: BRECKINRIDGE 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 **18.6%** of Breckinridge County residents overall lived in poverty, and an estimated **25** 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 **30%** of Breckinridge County's adult population have obesity and **24%** 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, 5,224 contacts were made with Breckinridge County residents who participated in nutrition education programming.

OUR RESULTS

IN BRECKINRIDGE COUNTY

Lifestyle improvements

In 2021, 100% of adult participants made a positive change in food group choices and 96% showed improvement in one or more food safety practices. In addition, 100% showed improvement in one or more food resource management practices and 81% made changes to be more physically active.



OUR SUCCESS

Wild Cat Roar

According to the State of Childhood Obesity in 2017-2018, 20.8% of children between the ages of 10 and 17 are considered obese. The EFNEP (Expanded Food and Nutrition Education Program) assistant in Breckinridge County partnered alongside Ben Johnson Elementary School to promote a healthier lifestyle within the classroom which would hopefully also carry into families' homes. To achieve this goal, the EFNEP assistant taught MyPlate every Wednesday consecutively for six weeks. MyPlate instructs children to differentiate between the five food groups and the important role each food group plays in the body. MyPlate also encourages 60 minutes of physical activity. The group of 24 youths received a sample of nutritious food or healthy snack with each lesson and took home recipes. Physical reinforcement items such as jump ropes and footballs were given out to each child. In conclusion, 83% of the children had an improvement in identifying dairy, and 71% improvement in eating vegetables and healthy snacks. Not only that, 75% had an increase in being more active. The kids returned each week with encouraging news of a healthier lifestyle, "I played football with my brother in outside," "Me and mom made that awesome smoothie," and "I tried a new vegetable!"



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

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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