



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: BULLITT 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 9.0% of Bullitt County residents overall lived in poverty, and an estimated 11 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 36% of Bullitt County's adult population have obesity and 27% 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, 2,236 contacts were made with Bullitt County residents who participated in nutrition education programming.

OUR RESULTS

IN BULLITT COUNTY

Lifestyle improvements

In 2021, 100% of adult participants made a positive change in food group choices and 80% showed improvement in one or more food safety practices. In addition, 100% showed improvement in one or more food resource management practices and 70% made changes to be more physically active.



OUR SUCCESS

Breakfast: The Most Important Meal of the Day

The Bullitt County Nutrition Education Program (NEP) senior assistant worked with the Mount Washington Public Library to offer the Healthy Choices for Everybody curriculum over Zoom because of the ongoing pandemic. Six participants attended the classes which included tips for physical activity, My Plate, Food Safety, Breakfast, Budgeting, Meal Planning, How to Read Nutrition Labels, and Know the Limits on Fats, Sugars and Salt. According to beginning and ending comparison data from a national reporting system, because of the series, 75% of participants showed improvement in one or more diet quality indicators such as eating more fruits and vegetables and drinking less regular soda. Also all of the participants showed improvement in one or more food resource management practices such as cooking more dinners at home, planning meals before shopping and making a grocery list. One participant now eats breakfast every day because of what she learned in the series.



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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