



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: BUTLER 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 **19.3%** of Butler County residents overall lived in poverty, and an estimated **27** 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 **35%** of Butler County's adult population have obesity and **31%** 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, 3,086 contacts were made with Butler County residents who participated in nutrition education programming.

OUR RESULTS

IN BUTLER COUNTY

Lifestyle improvements

In 2021, 98% of adult participants made a positive change in food group choices and 85% showed improvement in one or more food safety practices. In addition, 95% showed improvement in one or more food resource management practices and 68% made changes to be more physically active.



OUR SUCCESS

Nutrition Education During the Pandemic

The Butler County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant helped in assembling more than 790 grab and go kits that were placed for safe pick up. Each kit contained NEP (Nutrition Education Program)-related recipes, newsletters, fact sheets, kitchen incentives, and farmers' market guides as well as University of Kentucky COVID-19 fact sheets. The kits topics covered MyPlate, women's health, food safety, fishing, dairy month, exercise, and vegetable and herb gardening. The Butler County SNAP-Ed assistant also began teaching virtually via Zoom and has reached more than 20 participants through this effort. She distributed NEP materials at school food delivery sites and canning information at the farmers' market. During the Dairy Promotion Day at the Butler County Extension Office, the SNAP-Ed assistant provided related dairy information to 1,100 families. She also shared Healthy Choices for Every Body and Chop Chop newsletters as well as NEP recipes via social media on the Butler County NEP Facebook page. Each of these efforts were to try to combat food insecurity, increase physical activity, and provide resources to those in need during the pandemic.



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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