



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: CLARK 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.<sup>1</sup> Kentucky also has higher percentages of overall and child poverty<sup>1</sup> and food insecurity<sup>2</sup> among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	Kentucky	U.S.
<b>Total Poverty<sup>1</sup></b>	16.0%	12.3%
<b>Child Poverty<sup>1</sup></b>	20.9%	16.8%
<b>Food Insecurity<sup>2</sup></b>	13.8%	10.5%

In 2020, an estimated 14.7% of Clark County residents overall lived in poverty, and an estimated 18 were residents under age 18.<sup>1</sup>

#### 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.<sup>3</sup> 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.<sup>4</sup> The percentage of physically inactive Kentuckians is 32%, ranking it in the top seven most physically inactive states in the nation.<sup>5</sup> 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.<sup>3</sup>

The County Health Rankings and Roadmaps Kentucky report shows that 39% of Clark County’s adult population have obesity and 25% were physically inactive.<sup>5</sup>



## 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, 1,050 contacts were made with Clark County residents who participated in nutrition education programming.

## OUR RESULTS

### IN KENTUCKY

#### Lifestyle improvements

In 2021, 98% of adult participants made a positive change in food group choices and 89% showed improvement in one or more food safety practices. In addition, 96% showed improvement in one or more food resource management practices and 80% made changes to be more physically active.



## OUR SUCCESS

### Hope Through the COVID-19 Pandemic

During the COVID-19 pandemic, the Clark County EFNEP (Expanded Food and Nutrition Education Program) assistant invented new and challenging ways to provide programming to families. After much planning, a four-week series, Healthy Choices for Every Body, featuring Tips and Tricks to Healthy Eating in 2021, was taught virtually over Zoom. Recipes from the 2021 NEP calendar were chosen to enhance participation. Curriculum lesson materials were posted via the county FCS Facebook page to local housing units, and food pantry, community center, homeless shelter, and feeding sites. Zoom flyers, lesson materials, calendars, and Wally Cat handouts were posted with activities for the youths. We included hand-washing and virus handouts, and made and gave out masks to the community. Adults and youths helped with Masking Up KY. This information reached 370 views on Facebook, 40 mailings, and 200 residents at housing units picked up handouts and flyers for Zoom classes.



#### 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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