



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: CUMBERLAND 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 21.4% of Cumberland County residents overall lived in poverty, and an estimated 33 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 34% of Cumberland County's adult population have obesity and 22% 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, 4,046 contacts were made with Cumberland County residents who participated in nutrition education programming.

OUR RESULTS

IN CUMBERLAND COUNTY

Lifestyle improvements

In 2021, 95% of adult participants made a positive change in food group choices and 86% showed improvement in one or more food safety practices. In addition, 86% showed improvement in one or more food resource management practices and 76% made changes to be more physically active.



OUR SUCCESS

Farm to School Grant

In the fall of 2018, the Agriculture and Natural Resource (ANR) agent in Cumberland County applied for the Kentucky Farm to School: Producer Engagement Grant (PEG) through the Kentucky Department of Agriculture. This grant was to assist producers and school staff with serving more local produce. The initial grant was for \$7,000. The grant application was successful in getting funded and the grant period started in 2019. For the first part of the grant, the ANR agent worked with the high school agriculture teacher and had raised beds built for the elementary and middle schools. For the producers, crates to transport their produce into the schools were purchased. Also, for both the elementary and middle school, fruit trees were purchased and planted. In April 2021, the project received an additional \$3,625. With the additional funds and with what was left previously, three robot coupes (one for each school cafeteria) and two tower gardens for the elementary school were purchased. The robot coupes will make it easier and quicker for cafeteria staff to prepare fresh vegetables for the students and staff. The tower gardens will allow the elementary school teachers to teach through the winter while growing fresh produce for the cafeteria.



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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