



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: DAVIESS 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 16.6% of Daviess County residents overall lived in poverty, and an estimated 20 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 Daviess County's adult population have obesity and 28% 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, **1,510** contacts were made with Daviess County residents who participated in nutrition education programming.

OUR RESULTS

IN DAVIESS COUNTY

Lifestyle improvements

In 2021, **97%** of adult participants made a positive change in food group choices and **93%** showed improvement in one or more food safety practices. In addition, **87%** showed improvement in one or more food resource management practices and **73%** made changes to be more physically active.



OUR SUCCESS

Becoming More Food Secure

Food insecurity is an issue that faces many households in Kentucky. In Daviess County, for example, there are 13,540 people who would be labeled as food insecure. According to the 2017 Feeding America report, food insecure households are not necessarily food insecure all the time. Food insecurity may reflect a household's need to make trade-offs between important basic needs, such as housing or medical bills, and purchasing nutritionally adequate foods. One important way to remedy this issue is with meal planning and grocery shopping. The Daviess County NEP (Nutrition Education Program) teamed up with a local church to offer the Healthy Choices for Every Body curriculum to their "For the City" group of 20 low-income families. The Daviess County NEP assistant taught Meal Planning for Every Body and Eating

Better on a Budget lessons back-to-back, to demonstrate how those things go hand in hand. During the Meal Planning lesson, the children of the families were encouraged to stay for the lesson and play the icebreaker "What's for Dinner." One participant stated, "I have never thought about getting my children involved in planning the family meals. I'll start now!" At the exit of the program, participants improved significantly to help them become more food secure throughout the month. When it came to the exit evaluation results, 19% of participants ate less than wanted; 95% planned meals in advance; 90% made a list before shopping; and 90% compared food prices more often. One participant told the NEP assistant, "I had SNAP dollars left all month! That has never happened! I didn't plan meals for the week until now. I feel like we're eating better because of this class."



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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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