



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: FAYETTE 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 **16.8%** of Fayette County residents overall lived in poverty, and an estimated **17** 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 **28%** of Fayette 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, **12,610** contacts were made with Fayette County residents who participated in nutrition education programming.

OUR RESULTS

IN FAYETTE COUNTY

Lifestyle improvements

In 2021, **98%** of adult participants made a positive change in food group choices and **87%** showed improvement in one or more food safety practices. In addition, **93%** showed improvement in one or more food resource management practices and **84%** made changes to be more physically active.



OUR SUCCESS

Making a Change at Goodwill

The SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant from the Fayette County Cooperative Extension Office partnered with Goodwill Industries and its RISE (Reintegrating Individuals Successfully Every Day) program. The RISE program is a job readiness training program designed to empower individuals who have multiple barriers to obtaining gainful employment. Using a holistic approach, the program gives participants the knowledge they need to reintegrate into the workforce. Sessions in RISE cover a broad range of topics, including but not limited to, financial literacy, digital literacy, communication skills, health and nutrition, and behavioral health.

“Goodwill. Good Jobs.” Goodwill KY, www.goodwillky.org). Through the course, participants were shown how to make easy, nutritious meals at home. They were also instructed on how to plan meals, compare food prices, and stretch dollars at the grocery store. The recipes given to the class were all focused on having a high nutritional content as well as a low cost per serving. Upon completion of the program, 85% of the participants showed improvement in their food resource management skills, as evidenced by the responses on the surveys administered on the first and last class. These results show a dramatic impact on the self-sufficiency of participants, who are now better able to manage their resources.



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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