



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 30.7% of Floyd County residents overall lived in poverty, and an estimated 34 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 41% of Floyd County's adult population have obesity and 40% 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, 2,985 contacts were made with Floyd County residents who participated in nutrition education programming.

OUR RESULTS

IN FLOYD COUNTY

Lifestyle improvements

In 2021, **100%** of adult participants made a positive change in food group choices and **96%** showed improvement in one or more food safety practices. In addition, **96%** showed improvement in one or more food resource management practices and **100%** made changes to be more physically active.



OUR SUCCESS

Success with 2nd Grade Virtual Learning

An essential goal of SNAP-Ed (Supplemental Nutrition Assistance Program Education) is to equip youths of all ages with nutrition knowledge. This is a particularly important task for Floyd County. According to the Floyd County Fitness and Nutrition Coalition, children born today in this county can expect to live up to seven fewer years than children in other, more well-to-do counties. This school year, the Floyd County Cooperative Extension Service SNAP-Ed assistant partnered with a second-grade class at John M. Stumbo Elementary. She delivered virtual nutrition education to 36 youths using the LEAP (Literacy, Eating, and Activity for Preschool/Primary) curriculum. Storybooks and activities were used to teach children about nutritious foods, healthy eating habits, hand-washing, food safety, and being physically active.

The teachers sent invitations to students

to join a Google Classroom Meet. Once joined, the class chatted through the webcam, read a book, and had a discussion. Nutrition questions pertaining to the book were asked, so students could share their thoughts. A kid-friendly recipe was demonstrated during each class with students receiving copies of the recipes. Once, during a recipe demonstration, a student excitedly said, "Wait ... that recipe is healthy?! It looks so good! I would love to try cooking that at my house with my mom and dad! I bet they would like it too." One of the teachers also commented, "My kids look forward to meeting with you each time. They're all stuck at their houses right now with kind of the same routine each day. So, when you come along and talk about healthy choices and foods, and read to them, I really do think it is the highlight of some of the students' days." It really just goes to show that, even through virtual education, a positive impact can continued with youths.



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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

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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Food and Environment
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