



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: FRANKLIN 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 **12.4%** of Franklin County residents overall lived in poverty, and an estimated **17** 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 Franklin County's adult population have obesity and **24%** 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, 3,975 contacts were made with Franklin 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

### NEP Partners with Food Banks and Food Pantries

When the pandemic reached the U.S. and we entered lockdown, the Frankfort-Franklin County Emergency Management Center asked for volunteers to donate their time, items, or space - for whatever may come. Since the Franklin County Cooperative Extension Service (FCCES) office was closed to the public, the Extension agents agreed to offer their time and the building space, if needed. The Emergency Management Center office soon contacted the Extension office to deliver meals to senior citizens within the county because of the closing of the Capital City Activity Center. The Activity Center operates a home-delivered meal program affiliated with the national Meals on Wheels program, which delivers a hot, nutritious meal to

homebound seniors Monday through Friday every week. Eligible clients must be age 60 or older, be unable to cook for themselves, or not have someone to cook for them. Since April, each week on Monday, Wednesday, and Friday, a Franklin County Extension agent delivers a meal and nutrition education information to 240 homes. Meat thermometers were provided to the center to ensure the temperature of the meals being delivered to their clients. The different delivery routes included homes in gated communities, downtown “food deserts,” and rural parts of the county. Home-delivered meals are an important step in keeping seniors out of residential care and in their homes, where they can maintain quality of life, dignity, and independence.



#### 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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