



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: GALLATIN 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 **14.8%** of Gallatin 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 **30%** of Gallatin County's adult population have obesity and **30%** 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, 2,144 contacts were made with Gallatin 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

4-H DIY Cookbook

Because of pandemic restrictions, Gallatin County 4-H had to rethink one of the more popular day camps: cooking. The Gallatin County 4-H Council brainstormed new ideas and came up with the 4-H DIY (Do It Yourself) Cookbook. The council decided on the cookbook concept after hearing what youths had to say about the “4-H Cooking Camp in a Box” which was a series held throughout the school year. Once a month, 32 children came to the office to pick up supplies and recipes to put in their book. There were several sections in the book which included kitchen safety, MyPlate recipes,

video links, family recipes, nutrition information, and photographs. This cookbook is a "chronicle and treasury of the fine art of cooking, an art whose masterpieces - created only to be consumed - would otherwise be lost" (K. Rogers, Britannica). One of the benefits of the at-home program is the opportunity for parents and/or grandparents and children to bond over cooking. After completing the cookbook, 90% of the youths continued to cook at home, helping with the dinner meals or planning and implementing a meal for the family. There is one more step for the youths that participated: to enter their cookbooks into the Gallatin County Fair.



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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