



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: GREENUP 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 16.9% of Greenup County residents overall lived in poverty, and an estimated 22 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 Greenup County's adult population have obesity and 33% 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, 1,767 contacts were made with Greenup 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

Cook Together, Eat Together

Cook Together, Eat Together, a social marketing program to promote healthier, homecooked family meals, was offered at the Greenup County Cooperative Extension Office. The Extension office partnered with Journey House, an eight-bed transitional living facility for women who have been diagnosed with moderate to severe substance abuse. As a result of the program, 100% of participants reported eating more healthy foods such as whole fruits and/or brightly colored vegetables, and 100% prepared more healthy homecooked meals. In addition, 100% adopted one or more practices to reduce food shopping costs associated with homecooked meals such as comparing prices, planning meals, and making shopping lists. Over the long term, these cooking and eating behavior changes may lead to sustainable

changes in cooking and eating norms in a community. As demonstrated by Cook Together, Eat Together, social marketing is a powerful tool to promote changes for the public good. The most significant result this group plans to apply includes using the skills learned to transition from Journey House. During phase 2 and 3 of treatment, residents focus on basic life skills including nutrition, cooking, and food dollar budgeting. The goal is to give the residents the knowledge and skills needed to transition back into their home environment. One resident stated, "I can't wait to take this Cook Together, Eat Together cookbook home with me to my daughter. She has always enjoyed cooking with her grandmother. I look forward to the days we can cook together. This class made me feel like I can make a meal for her that tastes good and is still healthy."



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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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