



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: HENDERSON 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 18.5% of Henderson County residents overall lived in poverty, and an estimated 22 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 37% of Henderson County's adult population have obesity and 31% 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, 1,575 contacts were made with Henderson 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

### Creative Partnership Tackles Hunger in Henderson County

According to Feeding America, 1 in 7 Kentuckians face hunger, and one in six children face hunger. People facing hunger in Kentucky report needing an estimated \$302,792,000 more per year to meet their food needs. In 2019, knowing these statistics, Henderson County's food pantry was able to assist 5,915 families with food insecurities, 315 families with utility assistance, 200 families with rent assistance, 29 families with life sustaining medication assistance, and 118 families with emergency gas assistance for out-of-town medical appointments. The Henderson County FCS (Family and Consumer Sciences) agent along with the FCS Advisory Council and Henderson County Diabetes Coalition saw a need to show clientele how to prepare the foods that they receive. The FCS agent received many inquiries from individuals not knowing what to do with the food they

were given, and they were throwing the food away. The FCS agent met with the food pantry staff to see what needed to be done to make the program successful. They applied for a mini-grant through FCS Extension and were granted \$1,430. They purchased food equipment, recipe holders, kitchen utensils, insulated bags, and cutting boards. The council purchased a television for recorded cooking demos. The cooking demos are for clientele to watch while waiting for their names to be called to get their food or they can take a jump drive home with videos to watch. If they watch five videos, they will receive a gift card to a local grocery store. They also receive a voucher for the farmers' market from the Henderson County Diabetes Coalition. A true partnership was created with the Community Christian Outreach, Henderson County Diabetes Coalition, and the Henderson County Cooperative Extension Service.



#### 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

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



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

