



## 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 **14.2%** of Jefferson County residents overall lived in poverty, and an estimated **20** 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 **32%** of Jefferson County's adult population have obesity and **25%** 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, 7,880 contacts were made with Jefferson County residents who participated in nutrition education programming.

## OUR RESULTS

### IN JEFFERSON COUNTY

#### Lifestyle improvements

In 2021, 99% of adult participants made a positive change in food group choices and 96% showed improvement in one or more food safety practices. In addition, 98% showed improvement in one or more food resource management practices and 72% made changes to be more physically active.



## OUR SUCCESS

### Zoom to the Rescue

During the COVID-19 pandemic of 2020 and 2021, in-person programming was not always possible because of social distancing requirements. Social media and virtual platforms like Zoom and Google Meet allowed the Jefferson County Cooperative Extension Service SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistants to reach SNAP-eligible clientele in a different way. A SNAP-Ed assistant taught seven groups at a men's substance recovery center using an online meeting platform. The seven-week program provided education on a variety of topics, including nutrition, food resource management, food safety, portion control, and physical activity using the Healthy Choices for Every

Body Curriculum. The SNAP-Ed assistant was able to purchase and deliver recipe ingredients for group members to prepare as a demonstration for the group. The assistant also showed cooking and garden-to-table videos, encouraged clients to make menus using MyPlate, and played games such as Name That Produce that describes a fruit or vegetable and has participants guess the produce and GO, SLOW, and WHOA that describes foods and participants must decide if the food is high in fat, sugar, or salt. A total of 71 men, ranging in age from 21 to 70, completed the program between October 2020 and May of 2021 and showed a 90% positive change in eating and drinking healthier foods and beverages.



### 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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