



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: JOHNSON 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 **22.7%** of Johnson County residents overall lived in poverty, and an estimated **32** 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 **43%** of Johnson County's adult population have obesity and **37%** 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, **6,858** contacts were made with Johnson County residents who participated in nutrition education programming.

OUR RESULTS

IN JOHNSON COUNTY

Lifestyle improvements

In 2021, **100%** of adult participants made a positive change in food group choices and **96%** showed improvement in one or more food safety practices. In addition, **100%** showed improvement in one or more food resource management practices and **96%** made changes to be more physically active.



OUR SUCCESS

New Gardeners

The Johnson County senior SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant and the Johnson County ANR (Agriculture and Natural Resources) assistant partnered with Grow Appalachia to teach families gardening skills, heart healthy cooking, and options for harvesting and preserving vegetables. Monthly meetings were held January 2021 through September 2021. A total of 32 families enrolled and participated in the program. Families were provided seeds, gardening tools, canning jars, and accessories. Six pressure canners were given out in a drawing. Monthly lessons included topics such as soil test planning, garden preparation, planting and fertilizing, weed and pest control, heart healthy cooking, food preservation, fall cover crops, and garden cleanup. The SNAP-Ed assistant demonstrated heart

healthy cooking recipes and provided UK Extension food preservation publications. All 32 families reported productive gardens with a wide variety of vegetables to harvest and preserve. Twelve families produced enough vegetables to sell two days a week at the Johnson County Farmers' Market, plus two additional days at a neighboring county's farmers' market. One family member stated that she was very impressed with all the information she received and used it to help her family have their first successful garden. She also said they are preparing the recipes and using the food preservation information to reduce grocery expenses for the fall and winter months. All 32 families said that they are looking forward to joining next year's garden program. Many participants plan to enroll in the Healthy Choices for Every Body program offered by the SNAP-Ed assistant.



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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