



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: KNOX 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 33.2% of Knox County residents overall lived in poverty, and an estimated 39 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 37% of Knox County's adult population have obesity and 35% 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, 1,654 contacts were made with Knox County residents who participated in nutrition education programming.

OUR RESULTS

IN KNOX COUNTY

Lifestyle improvements

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



OUR SUCCESS

4-H Farm Fresh Project

Knox County 4-H received a \$1,000 grant from the Kentucky 4-H Foundation. According to the CDC (Centers for Disease Control and Prevention), Americans are not consuming enough fruits and vegetables needed to promote a healthy diet. The CDC says making these products more affordable, available, and relevant is important and can dramatically increase fruit and vegetable consumption. In an effort to increase agriculture awareness and encourage families to eat more fruits and vegetables, the 4-H Council partnered with members of the farmers' market to offer fresh produce to families and youths for six weeks. Each week, 30 youths and families received a fruit or vegetable

like potatoes, cucumbers, tomatoes, and peppers and a few recipes that used the product. Youths made salsa, vegetable dip, scalloped potatoes, and more. In addition, they learned basic skills like knife safety, measuring, and kitchen safety. The following successes are a result of the Farm Fresh Program: increased quality time spent as a family preparing the meal, youths learned to prepare their own healthy snacks and prepared their own snacks on a regular basis, 70% of families tried a new recipe, all produce was purchased locally, youths tried a new fruit or vegetable, 100% reported learning a new kitchen skill, and families report consuming more fruits and vegetables.



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.



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