



## 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 **17.0%** of Logan 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 Logan County's adult population have obesity and **34%** 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, **6,851** contacts were made with Logan County residents who participated in nutrition education programming.

## OUR RESULTS

### IN LOGAN COUNTY

#### Lifestyle improvements

In 2021, **92%** of adult participants made a positive change in food group choices and **83%** showed improvement in one or more food safety practices. In addition, **92%** showed improvement in one or more food resource management practices and **42%** made changes to be more physically active.



## OUR SUCCESS

### Wellness Program Encourages Healthy Habits

According to the Barren River District Health Department, based on the 2016-2018 data gathered, Kentucky has an obesity rate of 35%. Logan County's obesity rate is 38%. Logan County's FCS (Family and Consumer Sciences) agent and SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant partnered to offer a program to reach limited-resource clients by offering physical activity rotations and nutrition education programs at the same time. Participants came to the office twice a week for four weeks to attend a wellness program involving nutrition education and physical activity. Participants weighed in on Mondays and started their physical activity rotations while the SNAP-Ed assistant taught a nutrition lesson from the Healthy Choices for Every Body curriculum. Participants gained knowledge on MyPlate, serving sizes, calorie recommendations, meal planning, budgeting,

reading labels, and food safety practices. Each week, the FCS Agent and SNAP-Ed assistant provided information in the participants' folders with nutrition handouts, recipes, and physical activity tips. During each program, the SNAP-Ed assistant discussed the recipes and how to use them at home for their families. She encouraged one client, who was having knee issues, to use chair exercises from the NEP Physical Activity DVD and gave the client a copy. The program was successful by showing increased percentages in the following areas: 100% increased diet quality by eating more fruits and vegetables and by drinking dairy every day; 100% increased physical activity by making small changes; 100% increased their food safety practices; and 100% increased their behaviors in meal planning, making shopping lists, cooking at home more often and looking in their pantry. As a result, participants showed an interest in upcoming classes.



#### 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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