



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: MADISON 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 **18.9%** of Madison County residents overall lived in poverty, and an estimated **18** 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 **36%** of Madison County's adult population have obesity and **23%** 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, 702 contacts were made with Madison County residents who participated in nutrition education programming.

## OUR RESULTS

### IN MADISON 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 50% made changes to be more physically active.



## OUR SUCCESS

### Madison County Backpack Program

The Madison County Backpack Program was designed to provide an underserved community of children with shelf stable snacks as a way of feeding themselves on days they have no access to food. God's Outreach, as well as several local churches, packed more than 1,000 backpacks with enough snack food to last each child one month of non-school days. The SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant senior at the Madison County Cooperative Extension Office tried for several years to collaborate with the Backpack Program with no success. During the COVID shutdown, the SNAP-Ed assistant senior tried again, this time successfully forming a collaboration with God's Outreach. Doing so allowed the SNAP-Ed assistant senior to supply 652 Wally Cat Recipe Cards and hand-washing sheets in each backpack that month. This inspired the SNAP-Ed assistant senior

to reach out to a few of the school Family Resource Center Directors that were not listed on God's Outreach backpack list. By doing so, the SNAP-Ed assistant senior was permitted to supply two additional schools with monthly backpack nutrition information and recipes totaling 782 children reached every month. This opportunity allowed the SNAP-Ed assistant senior to solidify a working relationship with not only God's Outreach, but with several Family Resource Centers as well as AmeriCorps and a few local church groups. In turn, God's Outreach asked the SNAP-Ed assistant senior to supply relevant nutrition information and recipes to their Senior Commodities Program. An AmeriCorps worker commented how much the children and parents alike have enjoyed the backpack information. The publications will continue throughout summer 2021 to be included in the Summer Feeding Program.



#### 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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