



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: MCLEAN 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 16.1% of McLean County residents overall lived in poverty, and an estimated 19 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 34% of McLean County's adult population have obesity and 31% 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, 594 contacts were made with McLean County residents who participated in nutrition education programming.

## OUR RESULTS

### IN KENTUCKY

#### Lifestyle improvements

In 2021, 98% of adult participants made a positive change in food group choices and 89% showed improvement in one or more food safety practices. In addition, 96% showed improvement in one or more food resource management practices and 80% made changes to be more physically active.



## OUR SUCCESS

### Creative Partnerships Tackle Hunger in McLean County

COVID-19 has presented many different challenges when meeting the needs of our community, but two programs have overcome those obstacles: The Free Food giveaway program and the Hunters for the Hungry food giveaway program. The USDA Farmers to Families program was offered to the McLean County community through a partnership between Audubon Area Community Services, the McLean County Judge Executive's office, Senior Citizens Program, University of Kentucky Cooperative Extension Service, and many other volunteer organizations in McLean County. McLean County received roughly \$185,000 worth of free food during the fall of 2020 - a much needed influx of food for the families in McLean County. It fed families in need during this time of uncertainty. The ANR (Agriculture and

Natural Resources) agent worked to help pass out food and coordinate the activities on numerous occasions this past fall when semi-trucks of food arrived in McLean County. The McLean County Cooperative Extension Service also partnered with the McLean County KY Fish and Wildlife officer and Hunters for the Hungry program to pass out wild game recipe cards to recipients of the proceeds of donations to local harvesting facilities of wild game. More than 500 recipe cards were distributed with assistance from the KY Fish and Wildlife officer. These recipe cards helped recipients prepare nutritious meals for their families through the gracious gift of meat from the Hunters for the Hungry program. A wildly successful program for many years that several community groups here in McLean County support through local donations.



#### 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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