



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: MEADE 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 12.1% of Meade County residents overall lived in poverty, and an estimated 13 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 Meade County's adult population have obesity and 26% 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, **11,806** contacts were made with Meade County residents who participated in nutrition education programming.

## OUR RESULTS

### IN MEADE COUNTY

#### Lifestyle improvements

In 2021, **96%** of adult participants made a positive change in food group choices and **88%** showed improvement in one or more food safety practices. In addition, **100%** showed improvement in one or more food resource management practices and **88%** made changes to be more physically active.



## OUR SUCCESS

### Virtual Program Promotes Budgeting Skills and Knowledge

**D**uring the current COVID-19 crisis, families are facing the challenge of stretching their income to pay bills and purchase groceries. There is a growing need for a strong knowledge of food budgeting and stretching food dollars. The Meade County EFNEP (Expanded Food and Nutrition Education Program) assistant offered a Healthy Choices for Every Body Facebook Live program to families that were looking for some new ideas on how to stretch their budgets. The program was provided live, once a week, for seven weeks within a closed group on Facebook. There were six participants, ranging from ages 33 to 55 years old. Each week a different lesson was offered. Topics included nutrition, meal planning, food safety, food budgeting, and the importance

of physical activity. At the end of the lessons, the assistant conducted a cooking demonstration of a healthy recipe that reinforced the skills from the lesson. After completing the seven lessons and the behavior surveys, the participants received insulated grocery bags filled with kitchen tools to help them become more efficient with their meals. Behavior changes at the end of the program included 80% cooking more meals at home, and shopping lists and coupons being used 100% more often! Several of the participants asked when the next program would be starting. One participant said, "I liked that it was very informative and gave me great ideas for dinner. I really like how easily I could keep up even just listening in! Thank you so much for taking the time and helping keep us healthy!"



#### 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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