



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 **15.2%** of Muhlenberg County residents overall lived in poverty, and an estimated **25** 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 **36%** of Muhlenberg 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, 9,674 contacts were made with Muhlenberg County residents who participated in nutrition education programming.

OUR RESULTS

IN MUHLENBURG COUNTY

Lifestyle improvements

In 2021, **100%** of adult participants made a positive change in food group choices and **91%** 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

“Healthy Choices for Everybody” Program Improves Nutritional Quality

The Muhlenberg County Cooperative Extension Service provides practical education by helping individuals, families, and communities solve problems, develop skills, and build a better future. The population of the county is 30,816. The adult poverty rate is 19.6%, and the child poverty rate is 35%. The Muhlenberg County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant taught 25 limited-resource families how to serve more nutritious meals, to keep foods safe, and to use local food resources effectively. More than 95% of families that completed the minimum six lessons from the Healthy Choices for Everybody curriculum made an improvement in the nutritional quality of their diet. Families enrolled in the Healthy Choices curriculum showed a 79% improvement in food resource management skills. Almost three-quarters of the families, 73%,

learned to plan meals ahead of time, while the same amount stated they used a grocery list more often to guide food selections. About two-thirds of the families, 64%, tried to compare food prices more often, and 87% of Muhlenberg County families cook dinner at home more times per week. Overall, 61% of families in the Nutrition Education Program showed improvement in their food safety behaviors, with the largest increase of 90% of families using a meat thermometer more often to check for doneness in cooking. Upon completion of the Healthy Choices Program, 100% of adults reported they were making small changes to be more physically active. The SNAP-Ed Program in Muhlenberg County enlisted the help of 14 community agencies and 18 community volunteers to reach out to limited-resource families to improve skills and change behaviors necessary to achieve good health and well-being for families.



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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