



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: NELSON 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 \$65,712.¹ 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 9.2% of Nelson County residents overall lived in poverty, and an estimated 15 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 39% of Nelson County’s adult population have obesity and 29% 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, 5,546 contacts were made with Nelson County residents who participated in nutrition education programming.

OUR RESULTS

IN NELSON 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 **75%** made changes to be more physically active.



OUR SUCCESS

Bardstown Early Learning Center Goes Virtual with NEP and LEAP

LEAP (Literacy, Eating and Activity for Preschoolers) in Nelson County reached more than 200 students during each session. The SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant in Nelson County met with students in each classroom to provide a six-session program for the preschoolers. This program explores "MyPlate" and develops sensory skills which can be used to supplement young peoples' growth and development. During each session, students listen to a story, talk about the five food groups and how they relate to their five senses, and try a new food that includes a fruit or vegetable. Each student is then led in a 5-to-10-minute exercise session where they are encouraged to "get moving" and use their gross motor skills. Teacher collaborators throughout the school enjoy having the SNAP-Ed assistant in their virtual classrooms for each session. The children are consistently excited when they know SNAP-Ed is joining them for an hour during their day. Each child was able to taste or try at least one fruit or vegetable that they had never eaten before.



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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