

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 17.8% of Pendleton County residents overall lived in poverty, and an estimated 20 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 33% of Pendleton County's adult population have obesity and 30% 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, **10,044** contacts were made with Pendleton 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.

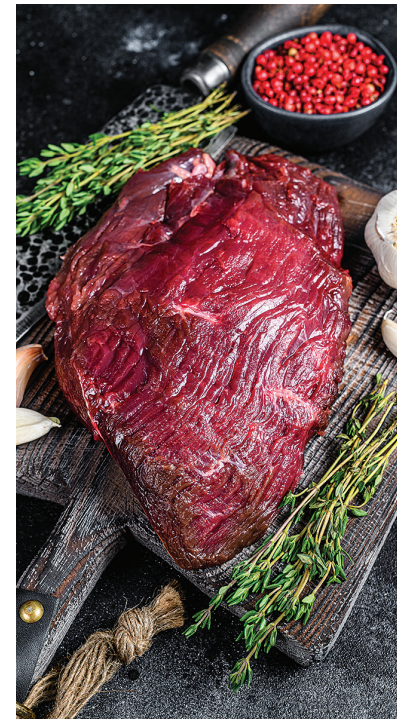


OUR SUCCESS

Hunters for the Hungry

The Pendleton County Cooperative Extension Office and game warden worked with hunters in the community during the 2020 hunting season to accept donated deer meat. Local hunters harvested the deer and took them to one of two local processing facilities. Processed meat was stored at the Pendleton County Extension Office until the distribution. All processed meat was in the form of ground venison. Other partners for the 2020 deer meat distribution included Kentucky Hunters for the Hungry, Pendleton County Game Warden, Kentucky Fish and Wildlife, 4-H Shooting Sports youths and leaders, two local processing facilities, Butler Baptist Church, Open Hands, University of Kentucky SNAP-Ed program, and USDA SNAP. Beyond the impact of providing

an additional source of protein for more than 350 families, the program also brought awareness to the number of families and children living in poverty in our county. More than 1,400 pounds of ground venison was distributed to low-income families. Hunters donated 25 deer for this program. A spokesperson for Neighbor Reaching Neighbor shared: "We have given over 500 pounds out in our Neighbor Reaching Neighbor program. Everyone has been very thankful. Several indicated it has been their first-time eating venison and they appreciated the Cook Wild KY recipes and have asked for additional recipes. We distribute monthly to those in need in our community and have been able to share with them more than once. We have reached over 300 families and still have more to distribute."



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

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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