



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: SPENCER 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 9.7% of Spencer County residents overall lived in poverty, and an estimated 10 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 Spencer County’s adult population have obesity and 26% 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, 5,847 contacts were made with Spencer 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

Community Baby Shower

The Spencer County Cooperative Extension Service, in conjunction with the Family Resource and Youth Service Centers and the local health department, held a Community Baby Shower. The program focused on soon-to-be mothers and fathers, or those who have a child younger than 12 months, from low-income families. The Community Baby Shower offered the chance for participants to visit organization booths that provide key factors in raising children. Key factors being education on birth, pediatrics, breastfeeding, basic nutrition, insurance, preschool, and much more. Examples of participating organizations were the Family Resource and Youth Service Center, Spencer County Extension Office, North Central District Health Department HANDS, Community Early Childhood Council, Spencer County Community Action Network, and Seven Counties. A total of 24 families attended

this drive-thru program during the pandemic. The program was held in the Extension Office parking lot where social distancing, masks, and hand sanitizer were all set in place. Spencer County Cooperative Extension Service shared nutrition information, healthy recipes, SNAP education products, and answered questions on nurturing families and life skills. Each family drove around to each station where they received multiple items to help care for baby, such as, car seats, diapers, clothing, and monitors. Organizations donated an in-kind amount of \$6,500. Youths and adults were educated on basic nutrition and healthy choices for their child. They can use this information to care for their growing babies and families properly, as well as teach others to do the same. Participating in this event also provided each family with key items needed to raise a newborn saving the families more than \$750 in the first year.



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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