



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 **18.7%** of Todd County residents overall lived in poverty, and an estimated **23** 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 **40%** of Todd 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, 2,515 contacts were made with Todd County residents who participated in nutrition education programming.

OUR RESULTS

IN TODD COUNTY

Lifestyle improvements

In 2021, 100% of adult participants made a positive change in food group choices and 53% showed improvement in one or more food safety practices. In addition, 94% showed improvement in one or more food resource management practices and 82% made changes to be more physically active.



OUR SUCCESS

Teen Cuisine Reaches Youth Virtually

The State of Childhood Obesity.Org shows 23.8% of Kentucky youths ages 10 to 17 have obesity, ranking Kentucky first among the 50 states. The Todd County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant presented Teen Cuisine curriculum virtually to six Practical Living Classes at Todd County Middle School when students returned to in-person classes in March 2021. Students viewed lessons with the SNAP-Ed assistant via Google Classroom and used laptops to complete surveys and access the activity workbook. The SNAP-Ed assistant shared Teen Cuisine prerecorded food demonstration videos, Wally Cat Smoothie recipe cards, and referenced recipes from Teen Cuisine. Before the start date, the SNAP-Ed assistant provided supplies for a germ experiment, classroom posters about hand-washing, food safety, MyPlate, measuring spoons, cups, and other kitchen tools to use during lesson demonstrations. The TCMS Practical

Living Teacher allowed students time to examine items in small groups and work on experiments. When students completed both the pre-test and post-test, they selected a kitchen item (apron, measuring cups, measuring spoons, or ice pack) to take home and use. Summary from youth surveys showed 90% (87 of 97) improved their abilities to choose foods according to Federal Dietary Recommendations; 64% (61 of 96) used safe food handling practices more often or gained knowledge in food handling practices; and 65% (62 of 96) improved their physical activity practices. A Practical Living Class teacher said, "I personally liked the program because it showed students how to make healthy recipes instead of simply saying, 'Eat more fruits and veggies.' It was nice for the students to have a way to put into practice what they had learned." The teacher also noted that 10 to 12 students had tried smoothie recipes at home, and several said they were trying to eat healthier.



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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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