



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: WARREN 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.<sup>1</sup> Kentucky also has higher percentages of overall and child poverty<sup>1</sup> and food insecurity<sup>2</sup> among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	Kentucky	U.S.
<b>Total Poverty<sup>1</sup></b>	16.0%	12.3%
<b>Child Poverty<sup>1</sup></b>	20.9%	16.8%
<b>Food Insecurity<sup>2</sup></b>	13.8%	10.5%

In 2020, an estimated 16.8% of Warren County residents overall lived in poverty, and an estimated 19 were residents under age 18.<sup>1</sup>

#### 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.<sup>3</sup> 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.<sup>4</sup> The percentage of physically inactive Kentuckians is 32%, ranking it in the top seven most physically inactive states in the nation.<sup>5</sup> 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.<sup>3</sup>

The County Health Rankings and Roadmaps Kentucky report shows that 28% of Warren County's adult population have obesity and 24% were physically inactive.<sup>5</sup>

## 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, 5,556 contacts were made with Warren County residents who participated in nutrition education programming.

## OUR RESULTS

### IN WARREN COUNTY

#### Lifestyle improvements

In 2021, 91% of adult participants made a positive change in food group choices and 83% showed improvement in one or more food safety practices. In addition, 94% showed improvement in one or more food resource management practices and 55% made changes to be more physically active.



## OUR SUCCESS

### Individuals RISE with Healthy Choices

**G**oodwill RISE (Reintegrating Individuals Successfully Every Day) offers paid job-readiness training that paves the way back to employment for individuals with a criminal history. Goodwill RISE collaborated with the Warren County SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant to provide nutrition education to the enrolled workers. This program would be part of their job training. The Healthy Choices for Every Body curriculum was used to teach a variety of lessons like food budgeting, food safety, meal planning, rethinking your drink, and others. At the end of the program, 87% of participants showed improvement in one or more diet quality indicators such as an increase in eating fruits and vegetables and drinking less soda. Almost all of participants, 92%, now cook dinner at home, compare food prices, plan meals before shopping, and a make grocery list. More than three-quarters of participants, 77%, improved food safety practices like thawing meat properly or using a meat thermometer. More than half, 51%, showed an increase in daily physical activity.



#### 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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