



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: WOLFE 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 29.2% of Wolfe County residents overall lived in poverty, and an estimated 44 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 38% of Wolfe County's adult population have obesity and 39% 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, **11,309** contacts were made with Wolfe County residents who participated in nutrition education programming.

OUR RESULTS

IN WOLFE COUNTY

Lifestyle improvements

In 2021, **100%** of adult participants made a positive change in food group choices and **92%** showed improvement in one or more food safety practices. In addition, **98%** showed improvement in one or more food resource management practices and **82%** made changes to be more physically active.



OUR SUCCESS

Families Cooking Together

The SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant teamed up with Wolfe County 4-H and Wolfe County High School Youth Services Center to do a cook at home family program during COVID-19, while in-person programming was limited. We decided to emphasize slow-cooker recipes. Recipes selected met nutritional and financial criteria appropriate for the target audience. A University of Kentucky Food and Nutrition Specialist adapted recipes for the slow cooker. Inspired by our school's name, the program was titled "Wolfe Chow." Each week a kit containing a recipe, a Healthy Choices for Every Body lesson, a kitchen item to reinforce a new behavior being taught, and ingredients required to prepare the week's recipe were signed out from the Extension Office. A recipe demonstration and nutrition lesson

were conducted weekly via Facebook. Each cook-at-home team (a parent or guardian and a teen) posted photos of their prepared foods and commented or asked questions via Facebook or Messenger. Beginning and ending surveys were collected. Among the positive outcomes of this program, one of our team's parents reported, "This is the first time that my daughter has been willing to cook with me, she really looks forward to seeing what recipes and ingredients are in the bag and can't wait to try them." All the enrolled families completed the program showing a positive change of 73% in the consumption of fruits, 64% positive change in the consumption of vegetables, and 64% positive change in the consumption of proteins. This strong community partnership demonstrated that combining the resources of the three entities could result in a more successful program for all involved.



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.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

