



Kentucky Nutrition Education Program
University of Kentucky Cooperative Extension Service

2024

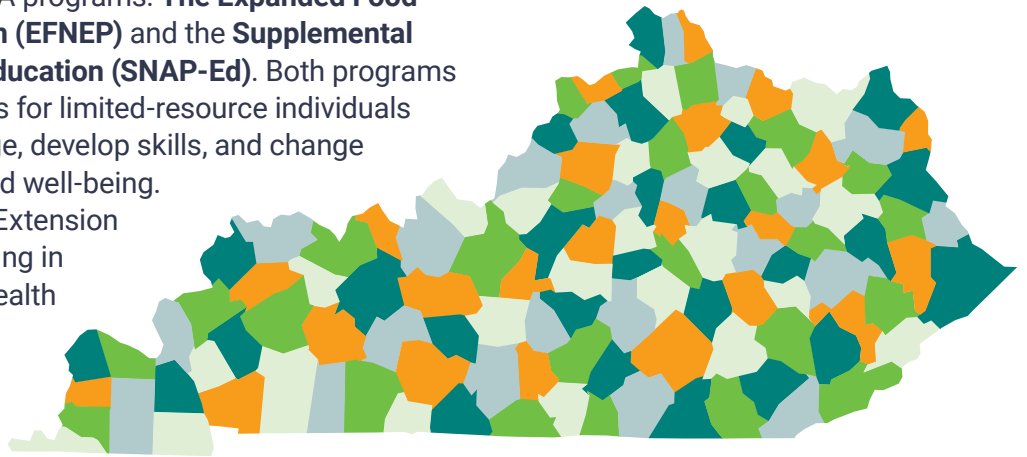
Annual Report



 Cooperative
Extension Service

Kentucky Nutrition Education Program

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. NEP encompasses Cooperative Extension agents and NEP assistants working in all 120 counties to improve the health outcomes of Kentuckians, extending the university's reach to some of the public's most vulnerable populations.



61

Nutrition Education
Program assistants

403

Extension
agents

20+

multi-sector partnerships
and coalitions

25,141

nutrition
education lessons
were delivered

2,365

community sites were
partnered with to provide
nutrition education

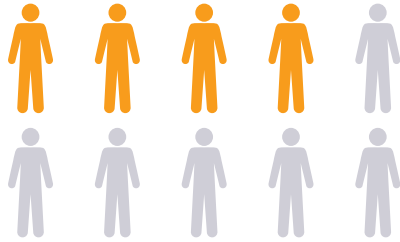
80

sites throughout the
state where PSE changes
were implemented

Kentucky Snapshot

41%

of Kentucky adults are obese.²



16.1%

of Kentuckians live in poverty.¹

13%

of Kentuckians did not have a reliable source of food.²

6%

of Kentuckians had low incomes and did not live close to a grocery store, limiting their ability to access healthy foods.²

The Food Research and Action Center reports a correlation between poverty and obesity, and in Kentucky, the prevalence of diabetes, hypertension, cardiovascular diseases, asthma, and some cancers, are directly proportional to obesity levels.

¹ U.S. Census SAIPE, 2023

² County Health Rankings and Roadmaps

Direct Education

NEP provides nutrition education programming to limited-resource adults and youths through hands-on learning opportunities that encourage healthy lifestyle behaviors.

Adults and Families

In 2024, NEP focused direct education efforts in these areas:



*Cook Together,
Eat Together*

280,200

adult direct contacts
were made

20%

increase in SNAP-Ed adult
program participation from 2023

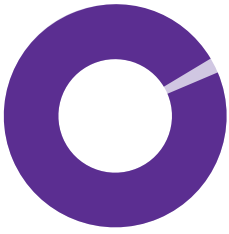
4,582

adults completed a series of
7 nutrition education lessons

44%

increase in SNAP-Ed adult program graduates who
completed a series of at least 7 lessons from 2023

ADULT OUTCOMES



98%

of participants showed improvement in one or more diet quality indicators.

Healthy Choices for Every Body

- Encourages behavior changes that will help participants achieve a healthy lifestyle on a limited budget with improvements in diet quality, food safety practices, food resource management, food preparation, and physical activity.
- Uses real-life situations, active learning activities, hands-on practice, and demonstrations to help participants understand and apply content.



96%

of participants showed improvement in one or more food resource management practices.

Healthy Choices for Your Recovering Body

- Teaches recovery-focused nutrition concepts, food preparation and food safety skills, food resource management, and physical activity.
- Provides recovery participants the opportunity to develop skills to function independently and make healthy food choices to achieve greater health during and after recovery.

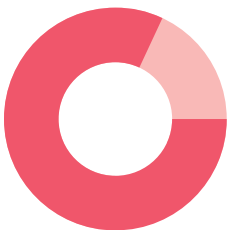


89%

of participants showed improvement in one or more food safety practices.

Cook Together, Eat Together

- Uses hands-on experiential learning to teach caregivers and children basic cooking, nutrition, food safety, kitchen safety, physical activity, and budget shopping concepts.
- Cooking socials encourage families to prepare and enjoy healthy and affordable meals together.



82%

of participants showed improvement in one or more physical activity behaviors.

Direct Education

Youths



312,058

youth direct contacts

16,425

youths completed a series
of 6 nutrition education lessons

20%

increase in youth participants from 2023

18%

increase in youth graduates from 2023



YOUTH OUTCOMES

91%

of youths improved in 1 or more
areas of knowledge or skills
necessary to choose foods
consistent with Federal Dietary
Guideline recommendations.

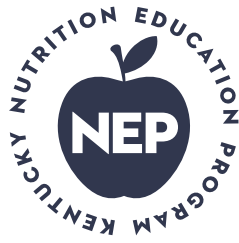
72%

of youths adopted, practiced,
or improved knowledge
related to food safety.

64%

of children and youths improved
knowledge, skills, or behavior
related to physical activity.





2024 Annual Report

Policy, Systems, and Environmental Changes (PSE)

PSE changes aim to improve access, affordability, and appeal of healthy lifestyle options.

In 2024, NEP focused PSE efforts in 3 major areas:



**Community Agriculture
and Gardening**



**Cook Wild
Kentucky**



**Farmers'
Markets**



PSE Changes Gardening Projects

IN 2024, NEP PROVIDED SUPPORT TO:

28

different counties with
gardening projects

37

unique
garden sites

12

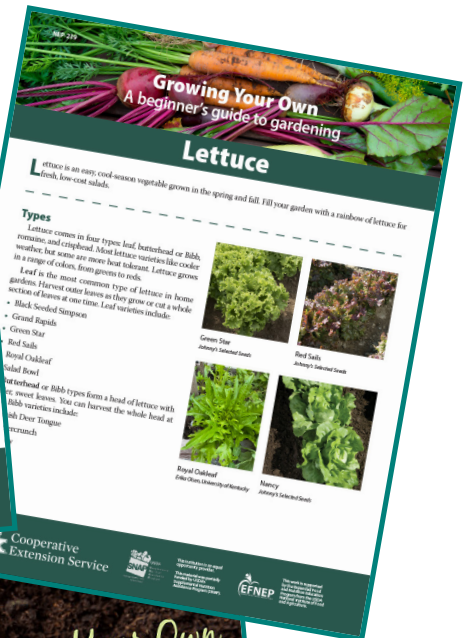
recovery gardens

8

school gardens

Growing Your Own Garden

- The Growing Your Own Garden series provides resources for beginning gardeners in Kentucky including a guide to starting a garden, a calendar for gardening in Kentucky, and 17 produce-specific publications.
- In 2024, in partnership with UK's Horticulture Department, NEP published six new publications and translated three more publications into Spanish.



“It brings back memories. A bunch of the foods we made, me and my grandma used to make before I got high. I thought a lot about that ... and those happier memories helped me get through my day. If I was feeling down, I looked forward to that [nutrition/cooking] class.”

— Taylor County Recovery Garden participant

Recovery Gardens

- The Recovery Garden Program was implemented as a PSE approach to support direct nutrition education programming at 12 substance use recovery sites throughout the state (Boone, Daviess, Knott, Mason, Harrison, Clinton, Breckenridge, Pulaski, Whitley, Floyd, Clay, Knox, and Taylor counties).
- The establishment and maintenance of recovery gardens supplies fresh vegetables for consumption to support physical healing, provides skills for participants to use upon their return to the community, and offers therapeutic stress relief and feelings of accomplishment during recovery.

1,249

pounds of produce were harvested from recovery gardens in 2024.

412

one-cup servings of vegetables were harvested, approximately equal to \$3,004.50 in savings for the participating recovery centers (using yield and pricing information from USDA's ERS Vegetable Tables).



PSE Changes

Cook Wild Kentucky



Cook Wild Kentucky is a collaborative effort of the Kentucky Nutrition Education Program, Hunters for the Hungry, the Kentucky Department of Agriculture, Feeding Kentucky, Kentucky Department of Fish and Wildlife, and local county collaborators to remove food insecurity barriers through wild game.

IN 2024:

29

Extension members were trained on the implementation of Field to Fork and Hook and Cook programming

2,096

pounds of venison were donated

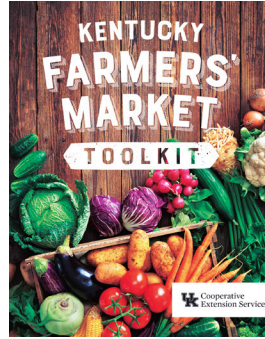
85

Cook Wild Kentucky recipe tasting events were held with more than 1,900 participants



PSE Changes Farmers' Markets

The Farmers' Market Toolkit serves as a resource to aid farmers' market managers, boards, and members in assessing and improving their level of preparedness to market to low-income Kentuckians in partnership with local, county Extension staff. The Farmers' Market Toolkit was updated and NEP worked with state partners to directly reach farmers' market managers and supporters so more markets in Kentucky would accept nutrition benefits programs such as SNAP, WIC, Senior Farmers' Market Nutrition Benefits, and Double Dollars.



250

members of agricultural organizations were provided training to encourage the acceptance of nutrition benefits at farmers' markets.

17+

additional farmers' markets accepted one or more nutrition benefits programs as payment as a result of these outreach efforts.

Double Dollars Program

The Double Dollars Program, administered by Community Farm Alliance (CFA), aims to increase the purchase and consumption of locally-grown food with point-of-sale matching incentives at multiple access points across Kentucky for limited-resource Kentuckians. In 2024, NEP partnered with CFA to promote the Double Dollars program through marketing efforts, including the distribution of 6,000 coin purses to SNAP recipients participating in the Double Dollars programs, to allow them to easily shop with their farmers' market tokens.



100

Extension personnel and farmers' market stakeholders were provided learning opportunities related to the Farmers' Market Nutrition Benefit Programs and Kentucky Double Dollars Program in partnership with Community Farm Alliance.

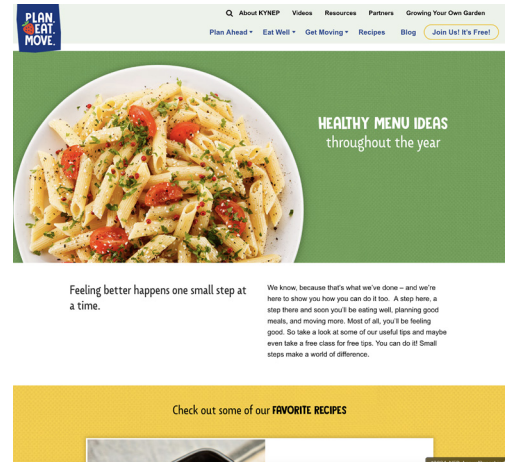


Online Outreach

Plan Eat Move is NEP's public website for SNAP and SNAP-eligible recipients. The website provides convenient access to nutrition education resources and a quick and easy way for SNAP and SNAP-eligible individuals to reach their local County Extension Offices.

The Plan Eat Move website includes:

- Nutrition, cooking, and food safety resources
- Physical activity resources
- Beginner garden resources
- Farmers' Market and Food Bank locator
- Recipes
- Cooking videos



152,584

individuals were reached by the NEP public-interfacing website at **PlanEatMove.com**.

192,122

individuals were reached on the statewide NEP Facebook account (**Facebook.com/KYNEP**) — with an average of 1,451 SNAP-Ed eligible individuals reached each month — with posts featuring nutrition tips, fitness, recipes, and food safety.



WEBSITE
PlanEatMove.com



FACEBOOK
Facebook.com/KYNEP



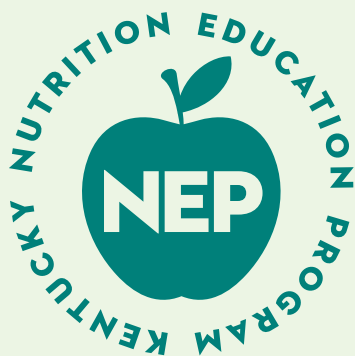
PINTEREST
Pinterest.com/UKNutritionEducationProgram



INSTAGRAM
Instagram.com/UKKYNEP



YOUTUBE
YouTube.com/UKKYNEP



**PLAN
EAT
MOVE
.COM**



Kentucky Nutrition Education Program University of Kentucky Cooperative Extension Service

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UK Cooperative Extension Service

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