



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

# EFNEP

*(Expanded Food and Nutrition Education Program)*

## KENTUCKY

2016 ANNUAL REPORT





# OUR FOCUS



The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited-resource audiences in learning and developing the skills to make healthy behavior changes that will lead to improved diet and nutritional well-being. Through the EFNEP program's hands-on educational approach, participants learn to make behavior changes and improve the nutritional quality of the meals served to their families.

# OUR CHALLENGE



## 1 OUT OF 3

or more Kentucky adults **(34.6%)<sup>1</sup>** are obese and children **(37.1 %)<sup>2</sup>** are overweight or obese



## NEARLY 1 OUT OF 2

Kentucky children **(49.7%)<sup>3</sup>** and adults **(45.9%)<sup>3</sup>** consume fruits less than once daily



## OVER 1 OUT OF 5

Kentucky children **(21.9%)<sup>4</sup>** and all Kentuckians **(16.8%)<sup>4</sup>** experience food insecurity



## OVER 39%

of Kentuckians<sup>1</sup> have hypertension



## 1 OUT OF 3

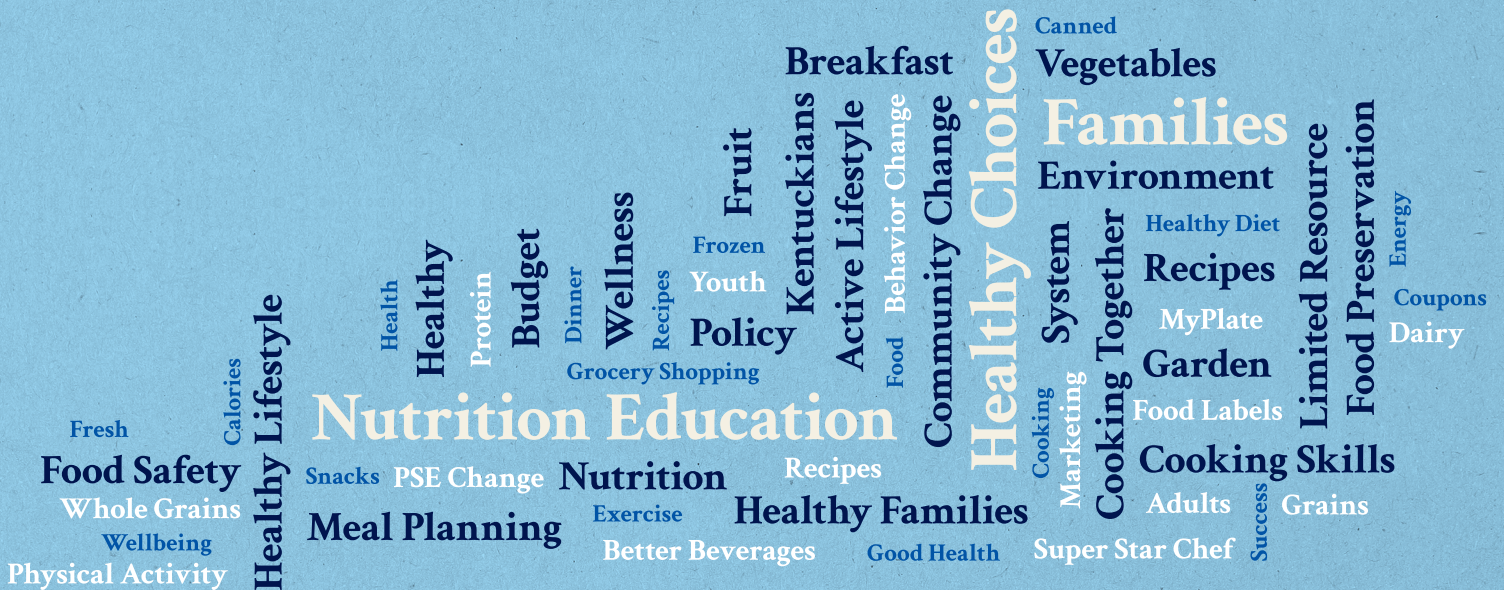
Kentuckians **(32.5%)<sup>1</sup>** are physically inactive



## OVER 1 OUT OF 5

Kentuckians **(19%)<sup>5</sup>** are living below poverty

# OUR SOLUTION





# OUR RESULTS

## EFNEP WORKS FOR KENTUCKIANS



**96%** of adult participants had a positive change in food group choices



**95%** of adult participants showed improvement in one or more nutrition practices (i.e. makes healthy food choices, prepares food without salt, reads nutrition labels)



**91%** of adult participants showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, does not run out of food)



**81%** of adult participants showed improvement in one or more food safety practices (i.e. thawing and storing food correctly)

## IMPACT

**3,233**

families enrolled in nutrition education series

**10,522**

youth enrolled in nutrition education series

**12,271**

total family participants

## EFNEP SUCCESS STORIES



### Residents run out of food less often after completing nutrition series

In Pulaski County, limited-resource families learn to stretch their food dollars while eating healthy. The Nutrition Education Program assistant partnered with St. Mildred's Outreach Center of Somerset, Kentucky, to teach nutrition lessons designed to help residents better manage their resources and have enough nutritious food to last through the end of the month.

At the start of the program, none of the participants had planned meals or used a grocery list when shopping, but after completing the nutrition series the majority experienced behavior change.

- **71%** started planning meals in advance
- **82%** started using grocery lists when shopping
- **64%** run out of food less often



### Healthy Choices for Every Body helps participant better manage finances

A new curriculum for adults, *Healthy Choices for Every Body*, was designed to help limited-resource participants make positive behavior changes to achieve and maintain a healthy lifestyle on a budget.

In Crittenden County, one *Healthy Choices for Every Body* participant expressed that she did not have the resources to eat healthy or purchase the food she needed. After

completing the program, she shared that she was able to better manage her income, which allowed her to select healthier foods at the grocery store. Other graduating participants in Crittenden County had similar experiences.

- **64%** of participants ran out of food less often.
- **76%** of participants now plan meals in advance.
- **72%** of participants now use a grocery list.



# EFNEP SUCCESS STORIES



## Fourth-grader rethinks his drink and makes the healthy choice

**T**hrough a visual display of 11.5 cups of sugar, students in Marion County learned this was roughly how much sugar they add to their bodies by consuming one sugar-sweetened beverage a day for a month. This demonstration was part of a Think Your Drink lesson taught by the Nutrition Education Program assistant to third-grade students. During the class, participants were encouraged to choose water, milk or 100 percent fruit juice over sugar-sweetened beverages. A year later, one student shared that he has made a big lifestyle change and is trying to set an example for his parents.

“I haven’t had a sugar-sweetened beverage in a year, because I want to have a healthy body without putting all of the sugar and caffeine in.”



## Empowering kids to be healthy and smart from the inside out

**S**tudents across the state learn what it means to live a healthy lifestyle with Organ Wise lessons, where lovable organ characters help students learn to live smart from the inside out. Through a six-week program, 26 second-grade students in Meade County focused on eating healthy and staying physically active. Lessons covered MyPlate food groups and included snacks like bell peppers, trail mix and fruit and yogurt parfaits. Many families have begun purchasing these items after their children tasted and requested the food. One parent shared how her daughter’s experience in the program has positively impacted their family’s eating habits.

“My daughter always came home excited to tell me what she had learned, and she would ask if I had any vegetables she could snack on! Thank you for not only teaching her, but for giving our family a kick start to eat healthier.”

### SOURCES:

1. Stateofobesity.org, accessed October 2016
2. Childhealthdata.org, accessed October 2016
3. CDC, State Indicator Report on Fruits and Vegetables, 2013
4. Feedingamerica.org, accessed October 2016
5. Kentucky Department for Public Health, Cabinet for Health and Family Services, Statewide Summary, December 2015

University of Kentucky

Nutrition Education Program

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