

# THE RESULTS

## EFNEP WORKS FOR KENTUCKIANS



**97%** of adult participants had a positive change in food group choices



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



**94%** showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, does not run out of food)



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

## Worksite wellness program encourages employees to make healthy food choices

Employees for Gallatin County's largest employer have learned how to build a healthy plate on their lunch break. UK Cooperative Extension has partnered with the employer to provide nutrition education classes as a worksite wellness Lunch and Learn program.

**70%** of participants had a positive change in food group choices.

**67%** of participants improved in one or more food resource management practices.

One program participant was motivated to become more physically

active, eat more fruits and vegetables, and replace soda with water and low-fat milk. As a result of these lifestyle changes, the participant lost 27 pounds, lowered blood pressure and reduced bad cholesterol levels. The employee commented on the benefits of receiving nutrition education at work.

**"To have the worksite wellness program on location is a definite perk. It's a great convenience and has influenced greater lifestyle choices."** – Program participant



### SOURCES:

1. The State of Obesity Report, Better Policies for a Healthier America, 2015
2. stateofobesity.org, accessed November 2015
3. Feeding America, Map the Meal Gap, 2013
4. Kentucky Department for Public Health, Cabinet for Health and Family Services. Statewide Summary, 2015

University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability or national origin.

# EFNEP KENTUCKY

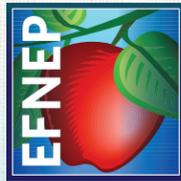
## 2015 ANNUAL REPORT



COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture,  
Food and Environment

# 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.

## Students learn about growing, harvesting and tasting a variety of produce



**A** Farm to School program in Wayne County provides fresh produce for school lunches and an opportunity for students to learn how to garden. Elementary-school children, in kindergarten through second grade, have learned about eating healthy through nutrition education in their classrooms and growing fruits and vegetables during outdoor garden activities. Through the University of Kentucky's Literacy, Eating, and Activity for Primary (LEAP) program, students discussed and participated in book readings about growing, harvesting, cooking and trying different types of produce.

**40%** of participants became more likely to ask parents for fruits and vegetables at home.

**74%** of participants became better at identifying healthy snack choices.

The lessons included food tastings, where children were encouraged to try new foods, including vegetable soup, apples, beets and raw turnips.

**90%** of participants tried new foods during the tastings.

One parent delightfully commented: **"I can't believe my child tried vegetable soup."**

## Parents and children scout out ways to cook and eat healthy meals together

**A** Cub Scout pack in Lawrence County recently partnered with UK Cooperative Extension to provide nutrition education to children and their parents. Through a series of classes and food tastings, youth and adult participants learned how to build a healthy plate, plan menus, practice food safety and increase consumption of fruits, vegetables and low-fat dairy products.

**100%** of youth participants tried a new food.

**71%** of youth were better able to identify dairy products.

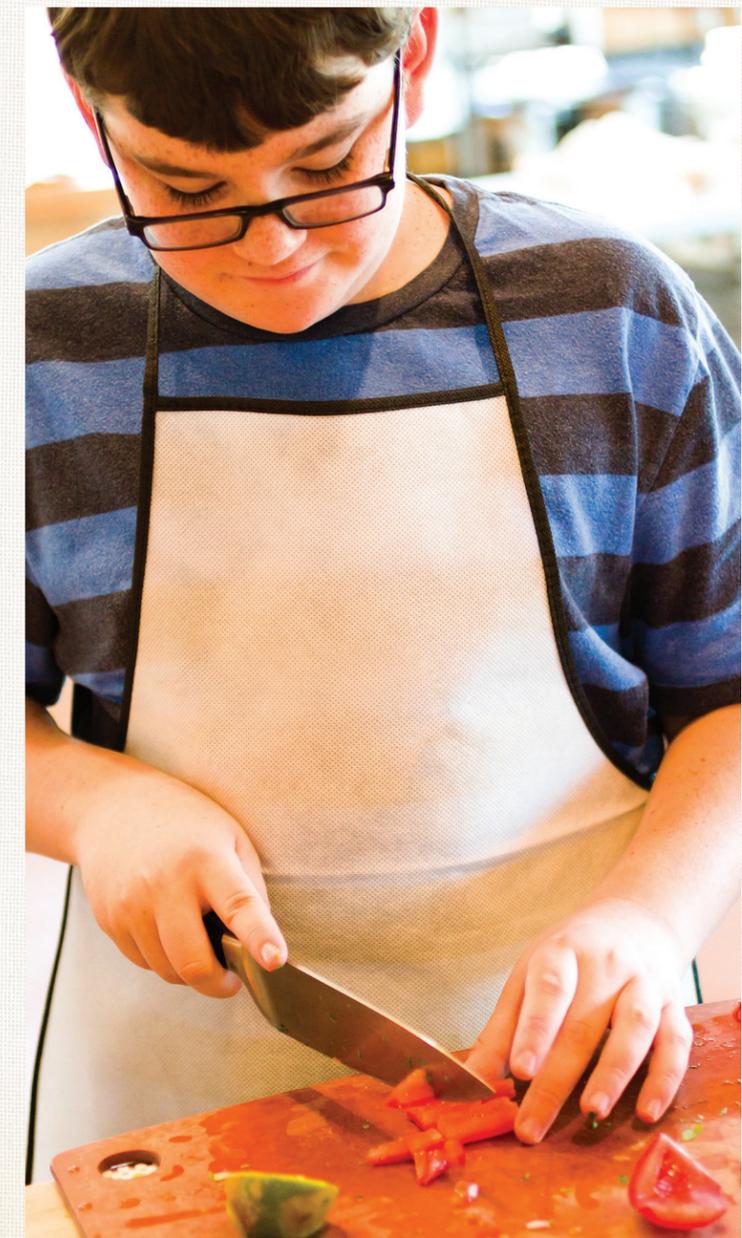
**100%** of adults had a positive change in food group choices.

**92%** of children showed more interest in helping in the kitchen at home.

The lessons included hands-on cooking demonstrations with kid-friendly recipes from Chop Chop magazine. Both youth and adults commented on what they learned and how the program has positively impacted their eating habits.

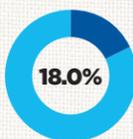
**"I learned that you don't judge the taste of food by the way it looks."** – Youth program participant

**"Both of my children tried new vegetables, fruits and other foods. One son discovered he loved green onions and both sons love 1% milk, which we now buy. We have gone directly to the store after class on several occasions to buy items to make that night's recipe. Fruit parfaits are now a weekly snack in our house and our grocery list has changed quite a bit."** – Adult program participant

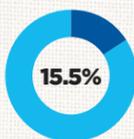


## THE CHALLENGE

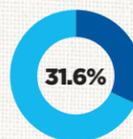
### KENTUCKY'S RANK AMONG STATES



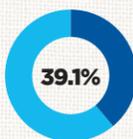
**#1**  
High school obesity<sup>1</sup>



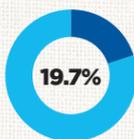
**#6**  
Obesity among 2 to 4-year-olds from low-income families<sup>1</sup>



**#12**  
Adult obesity<sup>1</sup>



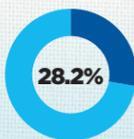
**#5**  
Hypertension<sup>1</sup>



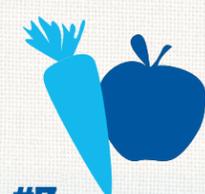
**#8**  
Obesity among 10 to 17-year-olds<sup>1</sup>



**#6**  
Diabetes<sup>1</sup>



**#6**  
Physical inactivity<sup>1</sup>



**#7**  
Low fruit (**45.9%**) and vegetable (**25.5%**) consumption (less than once daily)<sup>2</sup>



### ADDITIONAL STATS:

- **21.7%** of Kentucky children and **16.4%** of all Kentuckians experience food insecurity<sup>3</sup>
- **17.5%** of counties have food insecurity rates between **20-24%** and **65%** of counties have rates between **15-19%**<sup>3</sup>
- **21.92%** of Kentuckians are living below poverty<sup>4</sup>

## THE SOLUTION

### APPROACH

Provided hands-on, nutrition education to limited-resource audiences, focusing on:

- Buying and preparing healthy foods
- Developing new skills
- Adopting new behaviors
- Managing financial resources
- Living an active lifestyle

### IMPACT

**3,893** families enrolled in nutrition education series  
**11,670** youth enrolled in nutrition education series  
**14,653** total family participants