KYNEP: STRENGTHENING FAMILIES

The Kentucky Nutrition Education Programs (KYNEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Program (EFNEP) and the Supplemental Nutrition Assistance Program (SNAP-Ed). Both programs are administered by the University of Kentucky Cooperative Extension Service, and target low-income families and individuals with nutrition education. The goals of both are to educate limited resource families with young children and SNAP clientele to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle.

In Kentucky in 2013 there were:

- 7,027 families enrolled in NEP programs
- 21,779 adults benefiting from NEP programs
- 3,406 adults above the age of 60 benefiting from NEP programs
- 232,192 children benefiting from NEP programs
- 39,261 lessons taught
- 50 EFNEP assistants
- 459 SNAP-Ed assistants and Cooperative Extension agents

OUR FOCUS

FAMILY ECONOMICS

In Kentucky:

- 821,067 adults were impoverished in 2012
- 263,744 children were impoverished in 2012
- 83,057 children under the age of 5 were impoverished in 2012
- 878,344 people received SNAP (Supplemental Nutrition Assistance Program, formerly food stamps) benefits in 2013
- 395,486 children were eligible for free-or-reduced priced meals in 2011

FOOD INSECURITY

<table>
<thead>
<tr>
<th>Year</th>
<th>Overall</th>
<th>Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>716,040</td>
<td>245,920</td>
</tr>
<tr>
<td>2010</td>
<td>750,420</td>
<td>226,790</td>
</tr>
<tr>
<td>2011</td>
<td>746,490</td>
<td>224,800</td>
</tr>
</tbody>
</table>

FAMILY HEALTH

In Kentucky:

- 36.0% of children and teens age 10 to 17 were obese or overweight in 2011-2012
- 10.0% of adults were diabetic in 2010
After completing a program on healthy lifestyles, participants reported drinking fewer large size sodas, eating less junk food, consuming smaller portions, and cooking without adding as much salt. As a result, one participant said, “I have lost some weight and my doctor is very proud of me.”

### NEP CHANGES KENTUCKIANS

The number of participants who most of the time or almost always...

<table>
<thead>
<tr>
<th>Activity</th>
<th>Increased From</th>
</tr>
</thead>
<tbody>
<tr>
<td>... make food choices using the “Nutrition Facts” food labels</td>
<td>14.5% to 48.0%</td>
</tr>
<tr>
<td>... participate in at least 30 minutes of moderate physical activity each day</td>
<td>53.0% to 72.0%</td>
</tr>
<tr>
<td>... drink 6 cups of water each day</td>
<td>32.5% to 56.5%</td>
</tr>
</tbody>
</table>

### NUTRITION

After participating in NEP...

- Considered healthy food choices when deciding what to feed their family: 69.5%
- Prepared food without adding salt: 52%
- Reported their children ate breakfast more often: 42%

### NEP YOUTH

Youth participating in NEP...

- Improved safe food handling practices: 37.5%
- Improved their ability to choose healthier foods: 58%
- Improved their ability to prepare simple, nutritious, affordable foods: 49.1%

### SOURCES:

4. Feeding America.
6. Kentucky Garden Survey
2013 NEP ASSISTANTS

Vicki Britt ................. Allen
Cheryl Howard ............ Bell
Vera Brock ................. Bell
Kacy Wiley ................. Bourbon
Christine Kelley .......... Boyd
Lena Reese ................. Boyd
Heather Spencer .......... Breathitt
Marcia Moss ............... Bullitt
Joni Phelps ............... Caldwell
Cathy Smith ............... Calloway
Ashley Milby ............. Calloway
Corey Shepherd .......... Campus
Lisa Adams ............... Carlisle
Lisa Caudill ............. Casey
Norma Taylor ............. Christian
Sandy Kennedy .......... Clark
Felisha Mitchell .......... Clay
Stacy Smith ............... Clinton
Sue Parrent ............... Crittenden
Tracey Vanderpool ...... Cumberland
Pam Gillim ............... Daviess
Melissa Webb ............. Daviess
Libby Torrence .......... Edmonson
Rhonda Reynolds .......... Elliott
Clarice Wolfinbarger .... Estill
Spring Masterson ........ Fayette
Gwen O'Cull ............... Fleming
Barb Campbell .......... Fleming
Judy McGuire ............ Floyd
Caroline Durr ............ Franklin
Letitia Caldwell .......... Fulton
Darlene Brown .......... Gallatin
Mary White ............... Hardin
Karen Rich ............... Hart
Felicia Davenport ....... Hart
Lisa Adams ............... Hickman
Sherry Head ............. Hopkins
Jenny Yarbrough .......... Jackson
Cathy Howell ............ Jackson
Omar Miralles ............ Jefferson
Clarissa Cheatwood .... Jefferson
Rosetta Baker .......... Jefferson
Marci Bland ............ Jefferson
Anna Douvales .......... Jefferson
April Dawson .......... Jefferson
Janet Brown .......... Knott
Lueva Sears ........ Knox
Carol Hoskins .......... Knox

Abigail Tate ............ Larue
Velma Mullins .......... Laurel
Mary Smith ............ Laurel
Dee Wilkins .......... Laurel
Ruth Ann Kirk ........ Lawrence
Danielle Stepp .......... Lawrence
Heidi Williams .......... Lee
Pearlie Eversole ....... Leslie
Detra Coley .......... Livingston
Whitney Rodgers ...... Logan
Karen Grant .......... Madison
Cheri Stacy .......... Madison
Joanna Risner .......... Magoffin
Amanda Howard .......... Magoffin
Juanita Herron .......... Marion
Anita Boyd .......... Mason
Stephanie Caldwell ...... McCracken
Charlie Delaughter .... McCreary
Donna Ridener .......... McCreary
Loretta Skaggs .......... Meade
Deanna Brown .......... Menifee
Heather Shaw .......... Metcalfe
Vernell Sheets .......... Morgan
Adam Tubbs .......... Nicholas
Sherry Becknell ......... Owsley
Tracey Turner .......... Owsley
Patara Strunk .......... Perry
Reda Fugate .......... Perry
Jessica Chandler ...... Perry
Valerie Robinette .... Pike
April Tipton .......... Powell
Brenda Williamson ...... Pulaski
Allison Taylor .......... Pulaski
Brenda Saylor .......... Rockcastle
Denita McFalls .......... Rowan
Margie Hernandez ...... Russell
Poliana Leite .......... Shelby
Caren Gibson .......... Simpson
Angela Freeman .......... Taylor
Amanda Francis .......... Todd
Sherry Belcher .......... Warren
Laura Peek .......... Washington
Gaye Hutchinson .......... Wayne
Cheryl Owens .......... Whitley
John Nelson .......... Whitley
Joy Rose .......... Wolfe
Amy Abney .......... Wolfe
This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.