



UNIVERSITY OF KENTUCKY
Nutrition Education Programs
Family & Consumer Sciences Extension

NEP KENTUCKY

2013 Annual Report



OUR FOCUS

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.

NEP FAMILIES AND PROGRAMS

In Kentucky in 2013 there were:⁵

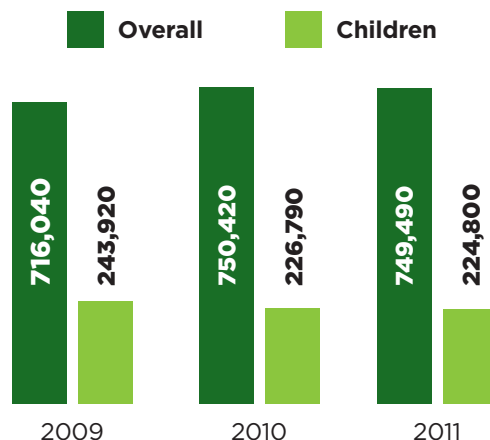
- **7,027** families enrolled in NEP programs
- **21,779** adults benefiting from NEP programs
- **3,406** adults above the age of 60 benefiting from NEP programs
- **232,192** children benefiting from NEP programs
- **39,261** lessons taught
- **50** EFNEP assistants
- **459** SNAP-Ed assistants and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

FAMILY ECONOMICS

In Kentucky:

- **821,067** adults were impoverished in 2012¹
- **263,744** children were impoverished in 2012¹
- **83,057** children under the age of 5 were impoverished in 2012¹
- **878,344** people received SNAP (Supplemental Nutrition Assistance Program, formerly food stamps) benefits in 2013²
- **395,486** children were eligible for free-or-reduced priced meals in 2011³

FOOD INSECURITY⁴



FAMILY HEALTH

In Kentucky:⁵

- **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...⁵

... make food choices using the “Nutrition Facts” food labels increased from **14.5% to 48.0%**

... participate in at least 30 minutes of moderate physical activity each day increased from **53.0% to 72.0%**

... drink 6 cups of water each day increased from **32.5% to 56.5%**



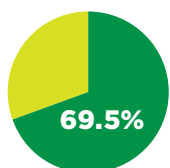
FEATURED PROGRAM

KENTUCKY NEP

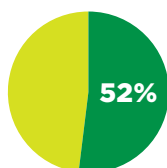
The Nutrition Education Program helps Kentuckians access nutritious foods by teaching gardening and food preservation. In 2013, NEP assistants worked with 269 families to grow their own food. As a result, 75,276 pounds of vegetables and 12,693 pounds of fruit were made available to program participants. Through Extension food preservation classes, Kentuckians canned 544 quarts of fruits and 3,031 quarts of vegetables. In addition, 713 quarts of fruit were frozen and 2,286 quarts of vegetables were frozen. One young mother gained enough confidence to preserve 146 quarts of produce on her own. In one county, 78 families participated in the Extension programs and estimated a food savings of \$15,655 through their gardening and food preservation efforts.⁶

NUTRITION

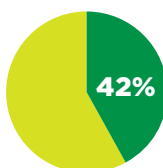
After participating in NEP...⁵



Considered healthy food choices when deciding what to feed their family



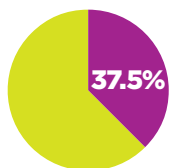
Prepared food without adding salt



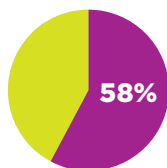
Reported their children ate breakfast more often

NEP YOUTH

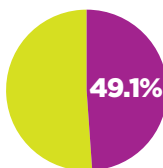
Youth participating in NEP...⁵



Improved safe food handling practices



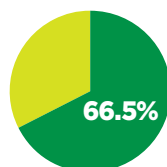
Improved their ability to choose healthier foods



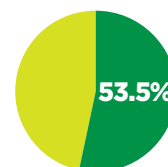
Improved their ability to prepare simple, nutritious, affordable foods

RESOURCE MANAGEMENT

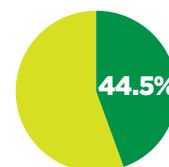
After participating in NEP...⁵



Planned meals in advance



Compared prices when shopping



Ran out of food by end of month less often

SOURCES:

1. U.S. Census Bureau, Small Area Income and Poverty Estimates.
2. Kentucky Cabinet for Health and Family Services. Data Book, June 2013.
3. Kids Count Data Center, KY Youth Advocates.
4. Feeding America.
5. Nutrition Education Evaluation Reporting System, 2013.
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 Yarborough	Jackson
Cathy Howell	Jackson
Omar Miralles	Jefferson
Clarissa Cheatwood	Jefferson
Rosetta Baker	Jefferson
Marci Bland	Jefferson
Anna Douvaes	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	Oswley
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

	EFNEP	SNAP	Both
1. Food security	100%	100%	100%
2. Food access	100%	100%	100%
3. Food quality	100%	100%	100%
4. Food safety	100%	100%	100%
5. Food waste	100%	100%	100%
6. Food storage	100%	100%	100%
7. Food preparation	100%	100%	100%
8. Food consumption	100%	100%	100%
9. Food disposal	100%	100%	100%
10. Food education	100%	100%	100%
11. Food policy	100%	100%	100%
12. Food research	100%	100%	100%
13. Food distribution	100%	100%	100%
14. Food production	100%	100%	100%
15. Food marketing	100%	100%	100%
16. Food retail	100%	100%	100%
17. Food service	100%	100%	100%
18. Food industry	100%	100%	100%
19. Food government	100%	100%	100%
20. Food community	100%	100%	100%
21. Food culture	100%	100%	100%
22. Food history	100%	100%	100%
23. Food science	100%	100%	100%
24. Food technology	100%	100%	100%
25. Food innovation	100%	100%	100%
26. Food entrepreneurship	100%	100%	100%
27. Food management	100%	100%	100%
28. Food business	100%	100%	100%
29. Food economics	100%	100%	100%
30. Food law	100%	100%	100%
31. Food ethics	100%	100%	100%
32. Food philosophy	100%	100%	100%
33. Food religion	100%	100%	100%
34. Food art	100%	100%	100%
35. Food literature	100%	100%	100%
36. Food music	100%	100%	100%
37. Food film	100%	100%	100%
38. Food television	100%	100%	100%
39. Food radio	100%	100%	100%
40. Food internet	100%	100%	100%
41. Food mobile	100%	100%	100%
42. Food social media	100%	100%	100%
43. Food gaming	100%	100%	100%
44. Food virtual reality	100%	100%	100%
45. Food augmented reality	100%	100%	100%
46. Food robotics	100%	100%	100%
47. Food artificial intelligence	100%	100%	100%
48. Food blockchain	100%	100%	100%
49. Food cryptocurrency	100%	100%	100%
50. Food nanotechnology	100%	100%	100%
51. Food biotechnology	100%	100%	100%
52. Food space exploration	100%	100%	100%
53. Food environmental science	100%	100%	100%
54. Food climate change	100%	100%	100%
55. Food sustainability	100%	100%	100%
56. Food circular economy	100%	100%	100%
57. Food zero waste	100%	100%	100%
58. Food regenerative agriculture	100%	100%	100%
59. Food permaculture	100%	100%	100%
60. Food agroecology	100%	100%	100%
61. Food agroforestry	100%	100%	100%
62. Food silvopasture	100%	100%	100%
63. Food aquaculture	100%	100%	100%
64. Food aquaponics	100%	100%	100%
65. Food hydroponics	100%	100%	100%
66. Food aeroponics	100%	100%	100%
67. Food vertical farming	100%	100%	100%
68. Food indoor farming	100%	100%	100%
69. Food controlled environment agriculture	100%	100%	100%
70. Food smart farming	100%	100%	100%
71. Food precision agriculture	100%	100%	100%
72. Food data science	100%	100%	100%
73. Food big data	100%	100%	100%
74. Food cloud computing	100%	100%	100%
75. Food internet of things	100%	100%	100%
76. Food wearable devices	100%	100%	100%
77. Food smart home	100%	100%	100%
78. Food smart city	100%	100%	100%
79. Food smart infrastructure	100%	100%	100%
80. Food smart transportation	100%	100%	100%
8			



This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.