



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

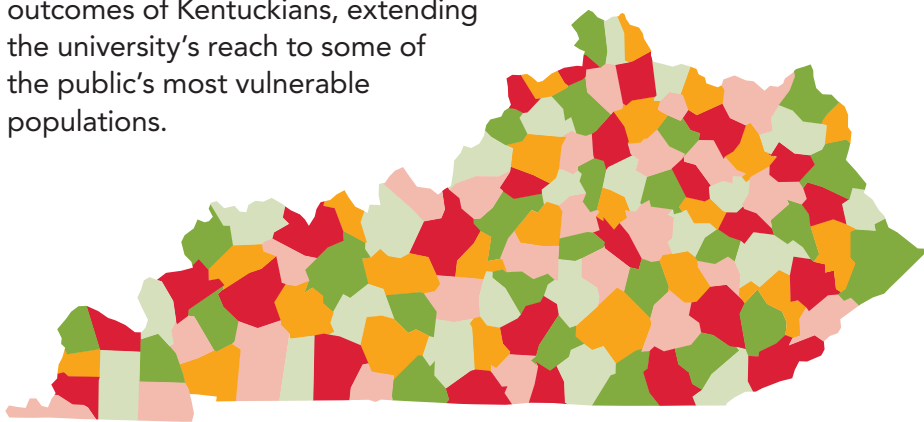
KENTUCKY
NUTRITION
EDUCATION
PROGRAM

2022

Annual Report

Two programs, one goal

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.



WHO WE IMPACT



Youths



Adults



Seniors



Families



Communities



20,108

Nutrition education lessons were taught.



590,212

SNAP and EFNEP participants were reached.



134,078

Children and youth participants were reached.



Program teaches skills to Kentuckians in substance-use recovery

According to 2020 U.S. Census data, Kentucky has the second-highest drug overdose death rate in the United States at a rate of 49 per 100,000 people. This rate is 1.7 times greater than the U.S. average rate of 29 per 100,000 people. The Substance Abuse and Mental Health Services Administration (SAMHSA) estimates an average of 10.7% of Kentuckians aged 12 or older have used illicit drugs over the past month. The number of substance-use treatment facilities in Kentucky has increased steadily over time to serve this need.

Healthy Choices for Your Recovering Body (HCYRB) is a nutrition education program for limited-resource adults in substance-use recovery. UK Extension Nutrition Education Program developed the program in partnership with Family and Consumer Sciences specialists. HCYRB teaches recovery-

We partnered with substance-use recovery centers and programs to provide nutrition education

843 times.

focused nutrition concepts, food preparation and food safety skills, food resource management, and physical activity. These skills are critical for clients in recovery to function independently and make the healthy food choices needed to achieve greater health during and after recovery.

By partnering with local facilities involved with those in

substance-use recovery, Nutrition Education Program assistants taught HCYRB to 383 adults in recovery in 20 counties between 2021 and 2022.

Evaluation results from the HCYRB Adult Questionnaire showed a 17% increase in participants' understanding of the importance of nutrition in their recovery and an 11% increase in their understanding of the importance of physical activity in their recovery. The results also showed statistically significant changes in nutrition and physical activity behaviors. Physical activity (for at least 30 minutes a day) increased by 35%, soda and energy drink consumption reduced by 25% and 6% respectively, and water consumption increased by 30%. After participating in the program, 96% intend to choose healthy snacks and eat more servings of fruits and vegetables every day.

NEP assistants are here to help



Healthier eating habits

92%

of adult participants showed improvement in one or more diet quality indicators (i.e., eating fruits, vegetables, drinking less regular soda, cooking dinner at home).



Increased physical activity

75%

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



Safer food storage and prep

80%

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



Better food resource management

88%

of adult participants showed improvement in one or more food resource management practices (i.e. planning meals, comparing prices, using grocery lists).

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Family and Consumer Sciences Extension

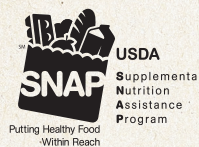


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