

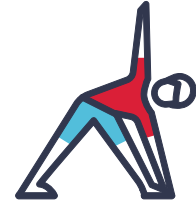
# NEP assistants are here to help!



Healthier eating habits

97%

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

80%

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



Safer food storage and prep

90%

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



Better food resource management

95%

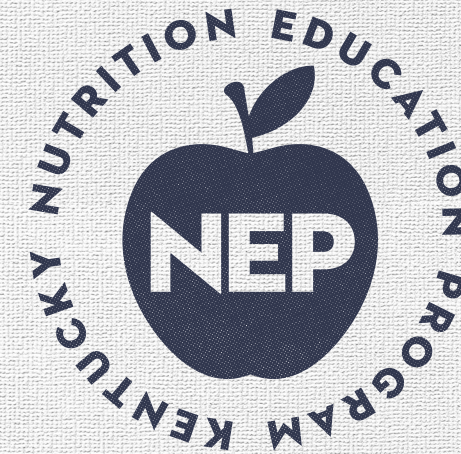
of adult participants showed improvement in one or more food resource management practices (i.e. planning meals, comparing prices, using grocery lists).



**UK** Cooperative Extension Service

2023

# Annual Report

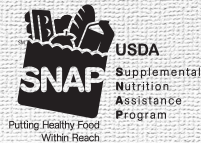


University of Kentucky Nutrition Education Program  
Family and Consumer Sciences Extension

This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



**UK** Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative Extension Service | Agriculture and Natural Resources | Family and Consumer Sciences | 4-H Youth Development | Community and Economic Development

 [PlanEatMove.com](http://PlanEatMove.com)

 [Facebook.com/KYNEP](https://Facebook.com/KYNEP)

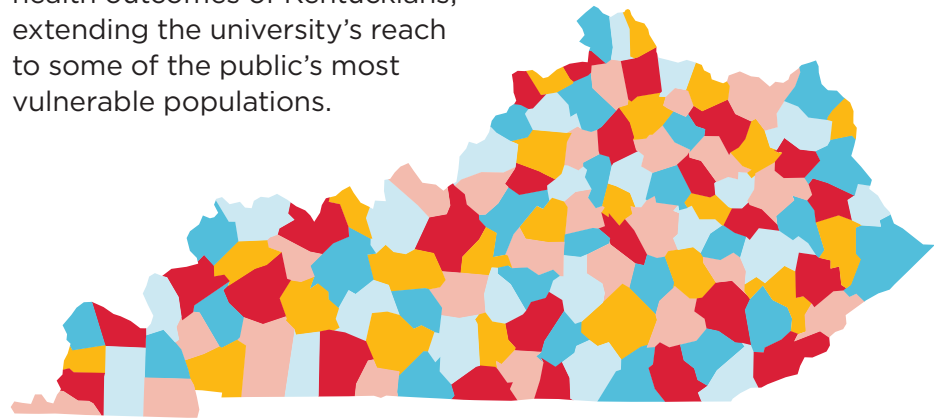
 [YouTube.com/UKKYNEP](https://YouTube.com/UKKYNEP)





# 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-Education). 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



## Updated KYNEP curriculum available to SNAP-Educators across the U.S.

According to U.S. Census estimates for 2022, Kentucky ranks among the top six states for poverty by median household income. Current statistics show that **16.3% of Kentuckians live in poverty**, compared with 12.6% nationally.<sup>1</sup>

The Food Research and Action Center reports a correlation between poverty and obesity, and in Kentucky, the prevalence of diabetes, hypertension, cardiovascular diseases, asthma, and some cancers, are directly proportional to obesity levels.

Healthy Choices for Every Body (HCEB) is a direct education intervention designed to improve diet quality, food preparation skills, physical activity, and food safety practices, as well as enhance food security and food resource management skills. This intervention was created by the

**37%**  
of Kentucky adults  
are obese, ranking  
the state in the  
top 10 in the U.S.  
for obesity.<sup>2</sup>

University of Kentucky Nutrition Education Program and was accepted into the National SNAP-Education Toolkit.

The curriculum consists of a series of lessons focused on developing knowledge, skills, and behavior changes. It incorporates lessons and activities that recognize participants' experiences, skills, and knowledge; explain why, what, and how the nutrition education concepts presented relate to real-life situations;

and include active learning activities, hands-on practice, and demonstrations to help participants understand and apply content.

In Kentucky, HCEB is the primary adult curriculum for KYNEP and provides standardized educational programming across the state for adult participants.

As part of the National SNAP-Education Toolkit, the curriculum has also been used by universities, health departments, and nonprofit organizations across the U.S. over the years.

In 2021, KYNEP updated the HCEB curriculum to reflect changes in dietary guidance, the Nutrition Facts label, and the National Institute of Food and Agriculture (NIFA) evaluation. In 2022 and 2023, Kentucky SNAP-Education and EFNEP assistants piloted the updated curriculum.

<sup>1</sup> U.S. Census SAIPE, 2022

<sup>2</sup> County Health Rankings and Roadmaps



**30,063**

nutrition education  
lessons were taught.



**578,528**

SNAP and EFNEP adult  
participants were reached.



**320,183**

children and youth  
participants were reached.