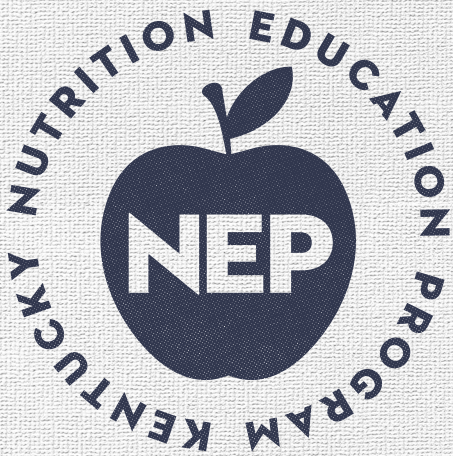


2023

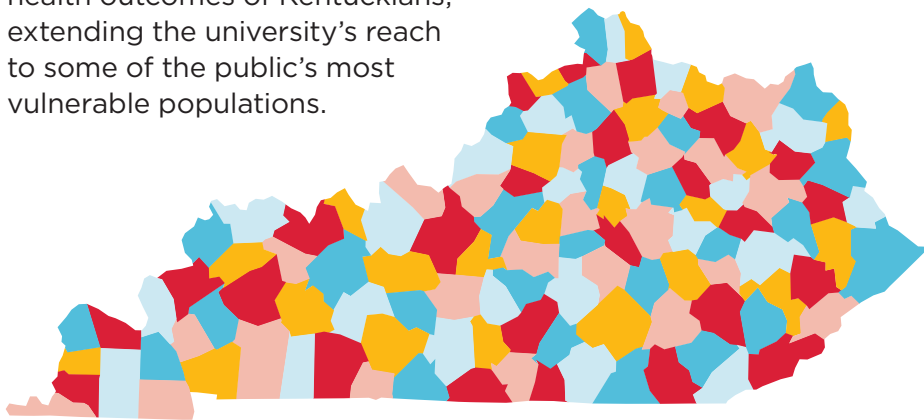
# Annual Report





# Two programs, one goal

**T**he 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**



**30,063**

nutrition education  
lessons were taught.



**578,528**

SNAP and EFNEP adult  
participants were reached.



**320,183**

children and youth  
participants were reached.



# 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-Ed 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-Ed 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-Ed and EFNEP assistants piloted the updated curriculum.

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

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



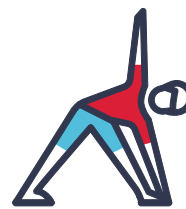
# NEP assistants are here to help!



**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).

**University of Kentucky Nutrition Education Program  
Family and Consumer Sciences Extension**

**UK Cooperative  
Extension Service**

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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

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