

Allen County

2023 NEP REPORT

Our Focus

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.

Our Challenge

Poverty

According to U.S. Census estimates for 2022, the median household income in Kentucky is **\$59,341**, 21% lower than the U.S. median household income of **\$74,755**.¹ Kentucky also has higher percentages of overall and child poverty¹ and food insecurity² among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	KY	U.S.
Total Poverty¹	16.3%	12.6%
Child Poverty¹	20.6%	16.3%
Food Insecurity²	14.0%	10.2%

In 2022, an estimated **15.3%** of Allen County residents overall lived in poverty, and an estimated **21.5%** of children under age 18 lived in poverty.¹

Obesity and physical inactivity

Today, 6 in 10 Americans live with at least one chronic disease. These include heart disease and stroke, cancer, and diabetes.³ These diseases are all associated with obesity and physical inactivity. The most recent data show that the percentage of adults who have obesity in Kentucky is 37%,



ranking it in the top 10 states for high obesity rates in the country.⁴ The percentage of physically inactive Kentuckians is 29%, ranking it in the top eight most physically inactive states in the nation.⁴ A large amount of data shows that healthy eating habits and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life.³

The County Health Rankings and Roadmaps Kentucky report shows that **38%** of Allen County’s adult population have obesity and **32%** were physically inactive.⁴

Our Solution

Provide hands-on nutrition education to limited-resource audiences, focusing on:

- Buying and preparing healthy foods,
- Developing new meal planning and cooking skills,
- Adopting new healthy lifestyle behaviors, and
- Managing SNAP resources.

In 2023, **3,160** contacts were made with Allen County residents who participated in nutrition education programming.

Our Results

IN ALLEN COUNTY

Lifestyle improvements

In 2023, **97%** of adult participants made a positive change in food group choices and **93%** showed improvement in one or more food safety practices. In addition, **82%** showed improvement in one or more food resource management practices and **82%** made changes to be more physically active.



Our Success

Keeping the senior farmers' market alive

The Senior Farmers' Market Nutrition Program in Allen County was being dropped. The Allen County Extension Service stepped up to keep this program going. The first step was to work with the local USDA office to get facts on how we could keep the program alive.

Seventeen percent of the people in Allen County are older adults. Nine percent are below the income poverty level. It is crucial for older adults to get support when possible. The local food pantry was not able to keep the Senior Farmers' Market Nutrition Program. With help from the Kentucky Department of Agriculture, 111 seniors received a SFMN card with \$48 to spend at the farmers' market. The seniors were also given \$16 at the market for a total of \$64 for each person. With the voucher, seniors could now buy fresh, healthy, local vegetables, herbs, and honey. The seniors of the county received a total of \$7,104 to buy healthy foods. This, in turn, helped the local farmers. It is vital to not only teach the seniors about healthy eating habits but to provide local fresh foods.



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



**UK Cooperative
Extension Service**

SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates
2. United States Department of Agriculture Economic Research Service
3. CDC National Center for Chronic Disease Prevention and Health Promotion
4. County Health Rankings and Roadmaps

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