

Bourbon 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 **16.5%** of Bourbon County residents overall lived in poverty, and an estimated **22.9%** 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 **40%** of Bourbon 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, **6,875** contacts were made with Bourbon County residents who participated in nutrition education programming.

Our Results

IN BOURBON COUNTY

Lifestyle improvements

In 2023, **100%** of adult participants made a positive change in food group choices and **98%** showed improvement in one or more food safety practices. In addition, **88%** showed improvement in one or more food resource management practices and **88%** made changes to be more physically active.



Our Success

Small changes equal big results

Often when making changes, people think they must jump in with both feet. But it is often small changes over time that lead to lasting change. The Paris-Bourbon County YMCA and the Nutrition Education Program assistant started a program to help with making small changes over time. The YMCA allowed anyone to come to their building for a series of seven lessons, without being a member. Nine people finished the series. A poll by the Centers for Disease Control says Kentucky's adult men have the second highest obesity rate in the nation. Women rank 18th. Adults between 45 and 64 have the highest obesity rate.

All of the people in the program improved in one or more areas. About 78% started making small changes to be more active. Sixty-seven percent ate different kinds of vegetables each day. And 89% planned meals before they shopped. One person said, "This class has shown me more ways to make vegetables. I have learned to get out of my comfort zone and try new things." Another said, "I have learned that going to the store with a plan helps me not spend so much at the store." Maybe, with these small changes we can work to lower the obesity rates in the state.



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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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