

Boyd 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 **18.4%** of Boyd County residents overall lived in poverty, and an estimated **22.8%** 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 Boyd County’s adult population have obesity and **30%** 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, 4,711 contacts were made with Boyd County residents who participated in nutrition education programming.

Our Results

IN BOYD 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, 76% showed improvement in one or more food resource management practices and 76% made changes to be more physically active.



Our Success

Goodbye to fast foods

As stated by the Kentucky Center for Statistics, 20.4% of adults live at or below the poverty level. A low-income senior housing complex reached out to the Boyd County Nutrition Education Program (NEP) assistant. The director expressed worry about the poor eating habits of the residents. Clients found it simpler to walk to the nearby fast-food restaurant instead of thinking about healthy meal choices. Research shows that this type of action can lead to health problems such as obesity, diabetes, and kidney and heart diseases.

The NEP assistant taught weekly classes at the housing complex. She used the Healthy

Choices for Every Body program. During the lessons, the assistant gave participants a plastic MyPlate to help them plan meals and eat from all food groups. The assistant also gave fresh vegetables to each person if they would make or cook the vegetable and give a report at the next lesson.

After all the lessons, the group said they now use MyPlate to plan healthy meals. MyPlate is easy for them to follow. Data show that 10 of the 14 group members now plan healthy meals at home. Eleven out of the 14 not only eat more vegetables but eat different kinds. One man stated that he walks to the grocery store instead of the fast-food place where he always ate.



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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

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



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