

Breckinridge

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 **19%** of Breckinridge County residents overall lived in poverty, and an estimated **24.7%** 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 **39%** of Breckinridge 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, 3,194 contacts were made with Breckinridge County residents who participated in nutrition education programming.

Our Results

IN BRECKINRIDGE COUNTY

Lifestyle improvements

In 2023, 100% of adult participants made a positive change in food group choices and 94% showed improvement in one or more food safety practices. In addition, 91% showed improvement in one or more food resource management practices and 91% made changes to be more physically active.



Our Success

Fixing the big hungry by cooking together

Feeding America states that 13.8% of households in Breckinridge County struggle with not having enough food to eat. This "can cause health issues when people must choose between spending money on food and medicine or health care. Not having enough food can make it hard for a child to learn and grow." The Nutrition Education Program (NEP) assistant decided to teach Families in the Kitchen... Cook Together, Eat Together. This program was a series of two-hour classes that met for seven sessions. Six households with a total of 13 children came to the class. The class included grandparents raising grandchildren, married families, and single mothers.

Families in the Kitchen... Cook

Together, Eat Together helps families with children learn to put healthy, low-cost, and time-saving meals on the table. The program taught parents how to involve their children in making meals. It also taught life-long cooking skills for both parent and child. They learned tips on how to budget. And they learned how to use leftovers to reduce waste and save money. Three-quarters of the group members now cook more times a week at home than eat out. Three-quarters also stated they use a written weekly or monthly food spending plan and budget enough money for food purchases. Families shared the recipes they each cooked. Group members received cookbooks and cooking items as well as aprons to take home.



**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

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



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