

Bullitt 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 **9.4%** of Bullitt County residents overall lived in poverty, and an estimated **11.9%** 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 **38%** of Bullitt 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, 5,398 contacts were made with Bullitt County residents who participated in nutrition education programming.



Our Success

Super Star Chef Camp teaches healthy eating and moving

The Bullitt County rate of obesity is above both state and national levels. These rates are swayed by life-long behaviors and choices of food and amount of physical activity. After a survey, Bullitt County wanted to help youths learn food safety skills to choose and make healthy meals. Bullitt County Extension focused on these aspects by hosting the Super Star Chef Multi-Day Camp. This camp is for youths aged 9 to 12. Twenty-four youths took part in this camp. The youths learned how to wash their hands the right way. They learned about the food groups and MyPlate. The group was taught how to be safe and cut properly with a kitchen knife. The leaders taught the youths how to read a food label. Students learned how to read and follow a recipe. They learned that staying active every day was of great value. This day camp allowed youths to master these skills. Leaders taught 12 hours of direct and hands-on learning. The group made 10 different recipes.



**University of Kentucky
Nutrition Education Program
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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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