

# Calloway 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**.<sup>1</sup> Kentucky also has higher percentages of overall and child poverty<sup>1</sup> and food insecurity<sup>2</sup> among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	KY	U.S.
<b>Total Poverty<sup>1</sup></b>	16.3%	12.6%
<b>Child Poverty<sup>1</sup></b>	20.6%	16.3%
<b>Food Insecurity<sup>2</sup></b>	14.0%	10.2%

In 2022, an estimated **19.2%** of Calloway County residents overall lived in poverty, and an estimated **21.3%** of children under age 18 lived in poverty.<sup>1</sup>

#### 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.<sup>3</sup> 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.<sup>4</sup> The percentage of physically inactive Kentuckians is 29%, ranking it in the top eight most physically inactive states in the nation.<sup>4</sup> 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.<sup>3</sup>

The County Health Rankings and Roadmaps Kentucky report shows that **40%** of Calloway County’s adult population have obesity and **28%** were physically inactive.<sup>4</sup>

## 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, **5,618** contacts were made with Calloway County residents who participated in nutrition education programming.

## Our Results

### IN CALLOWAY COUNTY

#### Lifestyle improvements

In 2023, **91%** of adult participants made a positive change in food group choices and **65%** showed improvement in one or more food safety practices. In addition, **67%** showed improvement in one or more food resource management practices and **67%** made changes to be more physically active.



## Our Success

### Healthy Choices for family meals

**T**rust for America's Health says that Kentucky ranks ninth in the nation for obesity in adults. Kentucky ranks fifth in the nation with diabetes. The Calloway County Nutrition Education Program (NEP) assistant taught lessons from Healthy Choices for Every Body. One group was cancer patients and their caregivers. One group was people with prediabetes. And three groups had people with special needs. The lessons were taught from Cook Together, Eat Together. The main purpose was to bring together the family and cook a meal with each other. After we made a meal, they sat down at the table to enjoy it. At the end of the total program, each family received a recipe book to take home. A total of 57 adults joined in the programs. Forty percent improved their diet quality. More than 90% showed a positive change in eating from the food groups.



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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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