

Casey 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 **25.5%** of Casey County residents overall lived in poverty, and an estimated **36.1%** 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 Casey County’s adult population have obesity and **39%** 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, 3,992 contacts were made with Casey County residents who participated in nutrition education programming.

Our Results

IN CASEY COUNTY

Lifestyle improvements

In 2023, 93% of adult participants made a positive change in food group choices and 76% 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

Feeding people with commodities and planning

Feeding America says 1 in 7 people living in Casey County (15%) are food insecure. These people lack the same access to enough food for each person in a household to live a healthy life.

To help with this issue, the Casey County Nutrition Education Program (NEP) assistant taught a class each Monday night for seven weeks. These classes were called Monday Nights of Commodities. The class focused on helping each participant use commodity box items. She taught how to use the food from the box along with other food they had at home. Combined, they could make healthy meals without spending more at the grocery store. The group learned how to make low-cost,

healthy meals and meal plans for the whole family on a fixed budget.

The group members ranged in age from 53 to 82. All graduated from this program at the end of the seven weeks. Data showed that 100% of the group made positive changes in food resource management skills. Fifty percent now plan meals before shopping, while 75% make a list before shopping. Fifty percent report using coupons for food purchases.

One group member shared that he has diabetes and had lost 66 pounds since first going to the classes. He said the class helped him blend the right foods to eat healthy, balanced meals for his health issue. He also said that he has been using coupons and planning meals ahead of time.



**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

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