

Christian 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 **18.3%** of Christian County residents overall lived in poverty, and an estimated **22.7%** 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 **38%** of Christian County’s adult population have obesity and **33%** 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, 6,164 contacts were made with Christian County residents who participated in nutrition education programming.

Our Results

IN CHRISTIAN COUNTY

Lifestyle improvements

In 2023, 99% of adult participants made a positive change in food group choices and 86% showed improvement in one or more food safety practices. In addition, 75% showed improvement in one or more food resource management practices and 75% made changes to be more physically active.



Our Success

Cooking up healthy choices for substance use recovery

We all know eating healthy food can help us all – even people with substance use disorder (SUD). Eating habits can play a key role in the care and healing process for people with SUD. The Christian County Nutrition Education Program assistant taught the Healthy Choices for Every Body program in a substance use recovery center. We discussed healthy cooking, food safety topics, and healthy low-cost meals. We also talked about fruits and vegetables, along with physical fitness tips. We tested healthy recipes. As shown by pre- and post-tests, 100% of group members showed growth in one or more diet quality areas. Eighty-three percent ate more vegetables, and 67% ate more fruit and yogurt each day. Eighty-three percent showed growth in food safety knowledge. The group also learned how to budget enough money for food. Most of the group members learned to be active for at least 30 minutes each day.



**University of Kentucky
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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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