

Clark 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 **15.4%** of Clark County residents overall lived in poverty, and an estimated **20.2%** 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 **35%** of Clark 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, **8,905** contacts were made with Clark County residents who participated in nutrition education programming.

Our Results

IN CLARK COUNTY

Lifestyle improvements

In 2023, **99%** of adult participants made a positive change in food group choices and **97%** 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

Team building in recovery through nutrition

Building trust while in recovery can be hard for those living with addiction. The lack of proper eating habits was clear. Clients were used to snacks such as chips, sugary drinks, high-fat and high-cholesterol foods with no fruits or veggies on hand.

The senior Nutrition Education Program (NEP) assistant introduced The Healthy Choices for Every Body course to a group of 43 men. Each one received a copy of the 2023 NEP Calendar. The group worked together to learn food safety habits and proper food storage. They also learned how to cook food to the right

temperature while using a meat thermometer. The clients grew in team building and trust. As a bonus they were able to try some new foods.

We taught lessons on whole grains, adding vegetables and fruits as snacks, healthy proteins, and staying active. Eighty percent of the class showed growth in one or more diet quality indicators. Eighty-five percent showed growth in one or more food resource management habits. Food safety was a favorite topic among the group. This was proved by 100% of group members showing a change in one or more food safety habits.



**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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