

Clinton 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 **23.5%** of Clinton County residents overall lived in poverty, and an estimated **33.8%** 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 Clinton County's adult population have obesity and **38%** 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, 4,246 contacts were made with Clinton County residents who participated in nutrition education programming.

Our Results

IN CLINTON COUNTY

Lifestyle improvements

In 2023, **98%** of adult participants made a positive change in food group choices and **98%** showed improvement in one or more food safety practices. In addition, **72%** showed improvement in one or more food resource management practices and **72%** made changes to be more physically active.



Our Success

Families in the Kitchen

The number of people with obesity, type 2 diabetes, and hypertension has been growing worldwide. The National Institutes of Health says eating (and making) home-cooked meals more often is tied to better food quality. The Clinton County Nutrition Education Program (NEP) assistant partnered with the Albany Elementary Family Resource Center to work on these issues. They offered a hands-on, family-focused program called Cook Together, Eat Together. It aimed to teach basic cooking skills and easy recipes. This meant parents and children could work together in the kitchen. The goal was to make tasty, healthy meals at home. A total of eight parents and their children (40 participants total) took part in the seven-week program.

At each class, they learned cooking tips and ways to add fruits and vegetables to their meals. Parents and children gained confidence in the kitchen and a renewed passion to make more meals at home.

As a result of the program, 88% of group members cook dinner at home more times per week. More than 75% of the group added to their daily fruit and vegetable intake. One mother said she forgot how much she loved to cook. She had not cooked much since her kids were born. Another mom said, "These recipes are so easy, and my kids really like them! I didn't know it could be this easy to put something so healthy on the table." One family used this program as a chance to spend time together. Their finances had become very tight and were not able to take time off together over the past year.



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**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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