

Fayette 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 **14.9%** of Fayette County residents overall lived in poverty, and an estimated **16.3%** 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 **33%** of Fayette County’s adult population have obesity and **29%** 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, 7,895 contacts were made with Fayette County residents who participated in nutrition education programming.

Our Results

IN FAYETTE COUNTY

Lifestyle improvements

In 2023, 95% of adult participants made a positive change in food group choices and 86% 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

Individuals in recovery for substance use disorder (SUD) improve health by increasing nutrition knowledge

During a recent trip to the grocery store, a former group member from Chrysalis House stopped the Fayette County Nutrition Education Program assistant. The former group member said she was doing great in her recovery journey. She thanked the assistant for teaching her how to increase her nutrition knowledge. It made her want to cook more. She was very excited to show the assistant the fresh produce in her cart.

A 2020 study published by the National Institutes of Health shows nearly 5% of people in the world use illicit drugs daily. People who have substance use disorder are inclined to have malnutrition. Programs are offered to learn about nutrition. After classes,

organizers hope that the class will make healthy food choices. Organizers also hope participants have success in their healing from substance use disorder.

Chrysalis House is an addiction treatment center that takes part in nutrition programs that the Fayette County Cooperative Extension Service offers. After classes in the fall of 2022, a survey showed 83% of participants gained in food resource management habits. This means they cook dinner at home more often or plan meals before shopping. It could also mean they compare food prices or use a shopping list. It is hoped that by planning and cooking more meals at home, people in recovery will eat more nutrient-rich foods, save money, and explore new hobbies.



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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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