

Garrard 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 **16.1%** of Garrard County residents overall lived in poverty, and an estimated **20.5%** 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 **39%** of Garrard 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, 2,913 contacts were made with Garrard County residents who participated in nutrition education programming.

Our Results

IN GARRARD COUNTY

Lifestyle improvements

In 2023, 100% of adult participants made a positive change in food group choices and 95% showed improvement in one or more food safety practices. In addition, 95% showed improvement in one or more food resource management practices and 95% made changes to be more physically active.



Our Success

Refuge for Women has success with nutrition education

Since 2019, the Garrard County Nutrition Education Program (NEP) Assistant has worked with the group Refuge for Women. This group is a safe space and a recovery group for ladies who have been in domestic violence situations and the sex trade field. These ladies have had tough lives dealing with drugs and alcohol to self-medicate.

In the four years of working with this group, the NEP assistant has had 175 women sign up for the program. Of those, 169 women finished the class. All of the women showed a change in one or more areas of nutrition education.

These ladies work hard to make a difference in their own lives. I have been fortunate enough to be part of their healing process. NEP does make a difference, and every minute was time well spent.



**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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