

Grayson 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 17.1% of Grayson County residents overall lived in poverty, and an estimated 22.4% 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 41% of Grayson County’s adult population have obesity and 36% 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, 3,240 contacts were made with Grayson County residents who participated in nutrition education programming.

Our Results

IN GRAYSON COUNTY

Lifestyle improvements

In 2023, 100% of adult participants made a positive change in food group choices and 96% showed improvement in one or more food safety practices. In addition, 96% showed improvement in one or more food resource management practices and 96% made changes to be more physically active.



Our Success

Teaching people with SUD healthier eating habits

Research shows that people with substance use disorder (SUD) lose nutrients through digestive problems caused by illicit drugs. An addict's body cannot take in calcium when they use meth. Twenty-four percent have poor food intake. Nutrition education works well in SUD treatment and recovery. It should be part of their treatment process (nida.nih.gov).

The senior Nutrition Education Program (NEP) assistant partnered with the Grayson County Specialty Court Program to teach nutrition classes to those in the drug court system. Eleven group members took part in and completed the program

with much success.

The clients attended classes using the Healthy Choices for Every Body curriculum. The seven lessons focused on diet quality, food resource management, staying active, and food safety.

All of the group members improved diet quality and food resource management. Almost all, 91%, stayed more active, and all added to their food safety skills.

NEP made a great impact. The clients were very eager to learn and get back on track to a healthy life. As a result, the NEP assistant will teach future clients how to improve their health through eating the right foods and staying active.



**University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension**



**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

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

