

# Harrison 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.<sup>1</sup> Kentucky also has higher percentages of overall and child poverty<sup>1</sup> and food insecurity<sup>2</sup> among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	KY	U.S.
<b>Total Poverty<sup>1</sup></b>	16.3%	12.6%
<b>Child Poverty<sup>1</sup></b>	20.6%	16.3%
<b>Food Insecurity<sup>2</sup></b>	14.0%	10.2%

In 2022, an estimated **14.8%** of Harrison County residents overall lived in poverty, and an estimated **18.9%** of children under age 18 lived in poverty.<sup>1</sup>

#### 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.<sup>3</sup> 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.<sup>4</sup> The percentage of physically inactive Kentuckians is 29%, ranking it in the top eight most physically inactive states in the nation.<sup>4</sup> 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.<sup>3</sup>

The County Health Rankings and Roadmaps Kentucky report shows that **38%** of Harrison County's adult population have obesity and **31%** were physically inactive.<sup>4</sup>

## 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, **10,590** contacts were made with Harrison County residents who participated in nutrition education programming.

## Our Results

### IN HARRISON COUNTY

#### Lifestyle improvements

In 2023, **96%** of adult participants made a positive change in food group choices and **88%** showed improvement in one or more food safety practices. In addition, **84%** showed improvement in one or more food resource management practices and **84%** made changes to be more physically active.



## Our Success

### Healthy breakfast with Santa with more fruits, veggies

The Centers for Disease Control and Prevention (CDC) says only one 1 of 10 eat the right amount of fruits and veggies each day. They also say more than 26% of children between 2 and 11 years old eat ready-to-eat cereal high in sugar. The 2020-2025 Dietary Guidelines for American suggest we get 1 1/2 to 2 cups of fruit and 2 to 3 cups of vegetables per day.

The Extension office hosted a new program to help youths in the county eat more fruits and vegetables and lower the amount of sugar they eat. They offered a free breakfast with Santa and his elves. The Nutrition Education

Program (NEP) assistant along with the Family and Consumer Sciences agent and 4-H taught single sessions on fruit and vegetables. Sixty-five adults and 75 youths sampled simple, healthy, and quick recipes.

After a healthy breakfast, the youths spent time with Santa and his elves. Three of the 4-H club members became elves for the day to help Santa. At the end of the day, some adults stated they had tried a new vegetable. They also learned new ways to add vegetables to their meals. The NEP program had 10 new people sign up for the Healthy Choice monthly program.



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



#### 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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