

Kenton 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 **10.8%** of Kenton County residents overall lived in poverty, and an estimated **13.8%** 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 **35%** of Kenton County’s adult population have obesity and **28%** 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, 3,677 contacts were made with Kenton County residents who participated in nutrition education programming.

Our Results

IN KENTON COUNTY

Lifestyle improvements

In 2023, 94% of adult participants made a positive change in food group choices and 78% showed improvement in one or more food safety practices. In addition, 64% showed improvement in one or more food resource management practices and 64% made changes to be more physically active.



Our Success

Addressing diabetes

A report from the Kentucky Department of Health says 14.6% of adults in northern Kentucky have diabetes. Almost 10% have prediabetes. The Kenton County Nutrition Education Program (NEP) senior assistant worked with other nonprofit groups. She taught seven lessons from the Healthy Choices for Every Body series to adults who had diabetes or prediabetes.

As a part of each session, the NEP assistant made a healthy recipe to support the cooking skill in each lesson. The group members tasted each dish and were given a copy of the recipe. They also received a free kitchen tool to use at home.

At the end of the series, 100% were eating more fruits and vegetables. They drank less soda and cooked dinner at home more often. Fifty percent planned their meals and used a written food spending plan. The group members also checked for food items on sale and planned enough money for their food purchases. This program was a success!

The thriving teamwork between the groups means we will offer the series for new group members next year.



**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

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



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