

# Madison 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 **15.5%** of Madison 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 **36%** of Madison County’s adult population have obesity and **27%** 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, 14,357 contacts were made with Madison County residents who participated in nutrition education programming.

## Our Results

### IN MADISON COUNTY

#### Lifestyle improvements

In 2023, 73% of adult participants made a positive change in food group choices and 55% showed improvement in one or more food safety practices. In addition, 61% showed improvement in one or more food resource management practices and 61% made changes to be more physically active.



## Our Success

### Super Star Chef Cook Camp 2023 helps preteens

**S**uper Star Chef Cooking Camp gives youths 12 hours of trained cooking time over three days. They learn a wide range of skills such as food safety, knife handling, and operating kitchen appliances. They also learn how to measure the right way, stay active, and leadership skills. The recipes used are budget-friendly as they have few ingredients. This offers youths a chance to try foods they have not tried before. This program is for youths ages 9 to 12. Madison County had 18 preteens complete all three days of the training. Family and Consumer Sciences agent, the FCS program assistants, the Nutrition Education Program (NEP) senior assistant, and the 4-H program assistant all worked together to offer this program. Youths in the Super Star Chef Cooking Camp filled out surveys at the start and end of the camp. Each youth showed growth in knowledge and trust in the kitchen. The youths plan to keep using the foods, recipes, and skills they learned during the Super Star Chef classes.



**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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