

Meade 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 **11.9%** of Meade County residents overall lived in poverty, and an estimated **15.9%** 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 **38%** of Meade County’s adult population have obesity and **29%** 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, **986** contacts were made with Meade County residents who participated in nutrition education programming.

Our Results

IN MEADE COUNTY

Lifestyle improvements

In 2023, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **89%** showed improvement in one or more food resource management practices and **89%** made changes to be more physically active.



Our Success

Professor Popcorn piques produce interest at Ekron Elementary

The State of Childhood Obesity website says Kentucky ranks No. 1 in obesity of youths ages 10 to 17. One of the reasons is youths' daily intake of fruits and vegetables is far below where it should be. The lack of physical activity also adds to this problem.

To help this age group move more, the Meade County Nutrition Education Program assistant worked with Ekron Elementary School. She taught the Professor Popcorn program. The class had 58 second graders. The program covered six sessions. In each

session, the class learned about one of the five food groups and the value of staying active. The students engaged in 10 minutes of physical activity at each session. Then, they had a snack that matched the food group they learned about that week. The class also received a fruit or vegetable at most sessions.

After all the sessions, 76% chose healthy food more often, and 79% used safe food habits more often. Staying active improved by 28%. The students looked forward to the class each week. They asked the assistant if she would bring more fruit samples the next week.



**University of Kentucky
Nutrition Education Program
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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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