

# Menifee 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 **23.1%** of Menifee County residents overall lived in poverty, and an estimated **38.1%** 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 **40%** of Menifee County’s adult population have obesity and **35%** 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, **5,864** contacts were made with Menifee County residents who participated in nutrition education programming.

## Our Results

### IN MENIFEE COUNTY

#### Lifestyle improvements

In 2023, **97%** of adult participants made a positive change in food group choices and **59%** showed improvement in one or more food safety practices. In addition, **44%** showed improvement in one or more food resource management practices and **44%** made changes to be more physically active.



## Our Success

### Stay healthy as you age

**T**he Menifee County Senior Center offers healthy meals. During the week, older adults can attend and receive a hot, healthy meal. In our county, 27% of the population is older adults. The Menifee County Nutrition Education Program (NEP) assistant used the Healthy Choices for Every Body (HCEB) course and taught seven lessons to 15 people. Participants filled out pre- and post-lesson evaluations.

At the end of the lessons, 75% of the group ate vegetables more often each day. Fifty percent of the group ate more dark green vegetables each week. The group members said they liked the recipes we made. They learned new ideas during the program. The NEP assistant and the Menifee County Senior Center plan to partner again in the future.



**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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