

Nelson 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 **11.2%** of Nelson County residents overall lived in poverty, and an estimated **14.7%** 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 Nelson County’s adult population have obesity and **27%** 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, **1,858** contacts were made with Nelson County residents who participated in nutrition education programming.

Our Results

IN NELSON COUNTY

Lifestyle improvements

In 2023, **100%** of adult participants made a positive change in food group choices and **94%** showed improvement in one or more food safety practices. In addition, **82%** showed improvement in one or more food resource management practices and **82%** made changes to be more physically active.



Our Success

Cooking through the Calendar helps people cook more at home

The Nelson County Cooperative Extension agent for Family and Consumer Sciences gave monthly Cooking through the Calendar lunch and learn sessions. During these sessions, the agent used the Kentucky Nutrition Education Program calendar recipes and resources. The program showed how to make and cook the recipe. We also shared nutrition and food safety tips. The program was open to the public.

After coming to one or more sessions, 80% said they made one or more of the recipes at home. Some people shared their comments: I changed how I use cutting boards; now I use two boards, one for meats

and one for other foods. I learned new knife skills such as a safer grip on the knife and placing a wet paper towel under the cutting board, so it won't slip. I made changes to cut sodium in my diet.

People valued the program for many reasons: I liked the pairings listed in the calendar that helped me make a complete meal. It helped me budget and plan for food costs. It showed me that recipes that looked hard, were really easy to make with step-by-step instructions. The recipes were healthy, easy, and tasty. I tried food that I had never thought to make.

One person, who cooks for only herself, noted that the program helped her to make more balanced meals.



**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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