

# Oldham 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 **4.4%** of Oldham County residents overall lived in poverty, and an estimated **3.8%** 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 Oldham County’s adult population have obesity and **22%** 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, **2,014** contacts were made with Oldham County residents who participated in nutrition education programming.

## Our Results

### IN OLDHAM COUNTY

#### Lifestyle improvements

In 2023, **98%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **84%** showed improvement in one or more food resource management practices and **84%** made changes to be more physically active.



## Our Success

### Healthy recovery through proper nutrition

**R**esearch shows a link between having an addiction and proper eating habits. Many addicts do not have the right mix of healthy food. As stated by the U.S. National Library of Medicine, a person who suffers from drug abuse is more likely to lapse when they have poor eating habits.

The Senior Nutrition Education Program (NEP) assistant in Oldham County decided to fight this problem. She worked with the Substance Abuse Program (SAP) at Roederer Correctional Complex to teach healthy eating habits.

The NEP assistant taught and graduated 35 people from the Healthy Choices for Every Body

course. This course has seven lessons. Each lesson is designed to teach basic knowledge of nutrition and how to make healthy foods. The lessons focus on daily portions, food safety habits along with vitamins and minerals. We also discussed the value of staying active.

Data from pre- and post-lesson evaluations show that 100% of the group learned more about food safety and how to choose healthy foods.

Some students said they learned to read food labels. They now can look and see what is in the food they eat and drink. Many said they plan to eat more fruits and vegetables when they are released.



**University of Kentucky  
Nutrition Education Program  
Family and Consumer Sciences Extension**



**UK Cooperative  
Extension Service**

#### 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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