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UNIVERSITY OF KENTUCKY COOPERATIVE EXTENSION SERVICE

Owsley 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. Kentucky also has higher percentages of overall and child poverty and food insecurity among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	KY	U.S.
Total Poverty ¹	16.3%	12.6%
Child Poverty ¹	20.6%	16.3%
Food Insecurity ²	14.0%	10.2%

In 2022, an estimated **32.9**% of Owsley County residents overall lived in poverty, and an estimated **44**% 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 41% of Owsley County's adult population have obesity and 37% were physically inactive.⁴

Our Solution

Provide hands-on nutrition education to limitedresource 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, **9,653** contacts were made with Owsley County residents who participated in nutrition education programming.

Our Results IN OWSLEY 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,

100% showed improvement in one or more food resource management practices and 100% made changes to be more physically active.

Our Success

Starting young

chools play a vital role in supporting children in eating healthy and staying active. Schools support these actions through wellness plans and a strong health education plan.

The Owsley County School System and the Owsley County Extension Service worked together to carry out a new series of lessons. They taught Professor Popcorn to kindergarten through second grade students. It was also taught in the gym during recess time.

During the six lessons, we taught food safety, nutrition, and staying active. Students were able to try new, healthy foods and fun ideas for physical activities.

Students showed a total gain of 77% in staying active. They showed a 78% gain in diet quality and a 94% gain in food safety habits. Teaching children these small changes can lead to a longer, healthier life that will have a long-lasting result on the future of our kids.



University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

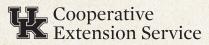
SOURCES:

- 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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