

Pike 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 **25.1%** of Pike County residents overall lived in poverty, and an estimated **30.7%** 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 Pike County’s adult population have obesity and **36%** 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, **6,801** contacts were made with Pike County residents who participated in nutrition education programming.

Our Results

IN PIKE COUNTY

Lifestyle improvements

In 2023, **99%** of adult participants made a positive change in food group choices and **98%** 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

Stretching meals is easy after Healthy Choices for Every Body classes

The Pike County Cooperative Extension Service Nutrition Education Program joined with Healthy Families Rehabilitation to offer nutrition classes to female clients.

We taught seven core lessons from Healthy Choices For Every Body. Group members learned how to make fresh, healthy foods. They used each of the five food groups based on the MyPlate meal plan. Group members gained skills by making low-cost meals. They planned a healthy meal and learned how to buy food within a budget. The group learned about food safety and how to read food labels. They now know the limits on fats,

sugar, and sodium. They also know that staying active helps improve physical and emotional health.

Eleven people entered the program and all of them completed it. Ninety-two (92%) percent improved in diet quality while 95% improved in food resource management. Eighty-two (82%) percent improved in food safety.

One person said, "I now know how to make meals stretch throughout the week. I can measure properly, and I know what temperatures that meat should cook to." Another person said, "Most importantly I learned that making better choices in my diet is vital to my health and well-being."



**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

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