

# Powell 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 **26.2%** of Powell County residents overall lived in poverty, and an estimated **32.3%** 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 **37%** of Powell County’s adult population have obesity and **32%** 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, 4,228 contacts were made with Powell County residents who participated in nutrition education programming.

## Our Results

### IN POWELL COUNTY

#### Lifestyle improvements

In 2023, 100% of adult participants made a positive change in food group choices and 97% showed improvement in one or more food safety practices. In addition, 89% showed improvement in one or more food resource management practices and 89% made changes to be more physically active.



## Our Success

### Mountain Comp Care youth class likes pineapple on pizza

**M**ountain Comprehensive Care (MCC) serves both youths and adults who need addiction care. They also work with mental health, crisis care, and more. Powell County is fortunate to have this help in the county. Many adults and youths use this service which gives them the chance to take part in many programs. The group leader from MCC reached out to the Powell County Nutrition Education Program (NEP) assistant to partner with them to teach nutrition to their younger clients.

The NEP assistant scheduled

four sessions with the youth group. She used Teen Cuisine to offer fun and engaging nutrition programs. Twelve teens came to the class and made their own whole-wheat pizza. They also made fruit and yogurt parfaits. The NEP assistant supplied kiwi for the parfaits and found out that none of them had tried kiwi before! All 12 added the kiwi to their parfait and loved it! For the whole-wheat pizzas, the class tried pineapple. All placed at least one piece of pineapple on their pizza. Eight out of 12 group members said they enjoyed the taste of pineapple on their pizza and would try it again!



**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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