

Taylor 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 **17.8%** of Taylor County residents overall lived in poverty, and an estimated **23.7%** 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 Taylor County's adult population have obesity and **29%** 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, 2,635 contacts were made with Taylor County residents who participated in nutrition education programming.

Our Results

IN TAYLOR COUNTY

Lifestyle improvements

In 2023, 90% of adult participants made a positive change in food group choices and 81% showed improvement in one or more food safety practices. In addition, 59% showed improvement in one or more food resource management practices and 59% made changes to be more physically active.



Our Success

Kids try new foods during family cooking classes

The Taylor County Cooperative Extension Service and Campbellsville Elementary Family Resource Center offered a family learning series. The topics were cooking and nutrition. The series was first online during COVID-19. Later, we taught the class at the Extension office as an after-school program. The Nutrition Education Program (NEP) assistant led the class. Students fixed an after-school snack from the Plan Eat Move website. When parents joined the class later in the day, the class made a main dish. While parents and children sampled the dishes, the NEP assistant gave a lesson

from Healthy Choices for Every Body. Each household received lesson handouts, Healthy Choices newsletters, and Chop Chop magazines to take home.

Of the adults polled, 100% chose better foods. Eighty-three percent made more healthy recipes. Youth surveys showed 92% of grades K through 2 and 85% of grades 3 through 5 chose healthy foods more often. Parents were surprised the children often ate food they would not try at home. One mother said she was thrilled that her child was trying new foods with the group. One family said they cook more often at home together since the start of the class.



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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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