

Todd 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 **17.1%** of Todd County residents overall lived in poverty, and an estimated **22.9%** 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 Todd County’s adult population have obesity and **33%** 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, 3,129 contacts were made with Todd County residents who participated in nutrition education programming.

Our Results

IN TODD 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, 50% showed improvement in one or more food resource management practices and 50% made changes to be more physically active.



Our Success

Students learn importance of healthy food choices

The Todd County Nutrition Education Program (NEP) assistant worked together with the Todd County Middle School Practical Living Class to teach a seven-week course. The course, Teen Cuisine, was taught to seventh and eighth grade students. The students filled out a survey before and after the lessons.

Each week the NEP assistant taught a lesson, and the students tried a healthy food linked to that lesson. The teacher reviewed each lesson with activities from the workbook on days after the lesson.

The survey showed improvement in several areas:

- 97% improved in one or more food choices,

- 71% improved in 2 or more food choices,
- 58% improved in 1 or more behaviors needed for food safety, and
- 58% improved in 1 or more habits linked to staying active.

Most students said they learned about the benefits of eating healthy meals. They liked the healthy foods they sampled. Students wrote they learned new food safety facts. The students now read the Nutrition Facts label and ingredients list to see what they are eating. Students also said they were surprised about the amount of added sugar in drinks. They also noted they learned about saturated fats and sodium in foods.



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**UK Cooperative
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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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