

Trimble 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 **12.1%** of Trimble County residents overall lived in poverty, and an estimated **16.2%** 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 Trimble County’s adult population have obesity and **31%** 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, 2,341 contacts were made with Trimble County residents who participated in nutrition education programming.

Our Results

IN TRIMBLE 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

Families in the Kitchen... Cook Together, Eat Together and learn healthy habits

Eating more fruits and vegetables is vital for good health. It is not easy to change eating habits. Studies show that healthy habits can be inspired by making and eating more meals at home.

Trying to raise healthy eating habits in Trimble County, the Oldham County senior Nutrition Education Program assistant worked with the Trimble County Family and Consumer Sciences agent. They taught Families in the Kitchen... Cook Together, Eat Together. Seven households (a total of 15 group members) worked through the program. They met weekly for seven lessons. Budgeting tips and nutrition were taught each week. The

group also learned how to read food labels. Making healthy recipes was part of the weekly lessons.

At the end of the program, members reported several improvements:

- 80% of group members ate more fruit each day,
- 83% of group members ate more vegetables each day, and
- 80% showed that they tried different kinds of vegetables each day.

Group members said that they were now trying new foods. Also, their children were more willing to try new vegetables. One group member said that it was fun to have more family time around the table.



**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

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



**UK Cooperative
Extension Service**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

