

Wayne 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 **28.8%** of Wayne County residents overall lived in poverty, and an estimated **38.5%** 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 **40%** of Wayne 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, **8,188** contacts were made with Wayne County residents who participated in nutrition education programming.

Our Results

IN WAYNE 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, **79%** showed improvement in one or more food resource management practices and **79%** made changes to be more physically active.



Our Success

Drug court clients increase fruit and vegetable consumption

The Wayne County Nutrition Education assistant joined with the local drug court to teach Healthy Choices for Every Body. She wanted to help with the eating habits of drug court clients while in recovery. She taught seven required lessons to 34 men.

Before teaching the lessons, the survey showed 65% of the group ate no fruit each day. After teaching the lessons, 17% of the clients ate at least one cup of fruit each day. Eighteen percent ate two or more cups of fruit each day.

When asked about how many vegetables the group ate before the lessons, 12% ate none, 56% ate 1 cup, and 18% ate 3 or more cups. After the classes, 3% still ate none, but 41% ate 1 cup and 15% ate 2 cups, an increase of 13%. Thirty-three percent ate 3 or more cups, which is the goal. This is an increase of 15%. The drug court clients are now eating more fruits and vegetables each day and are on their way to getting healthy.



**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.

