



ADAIR COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

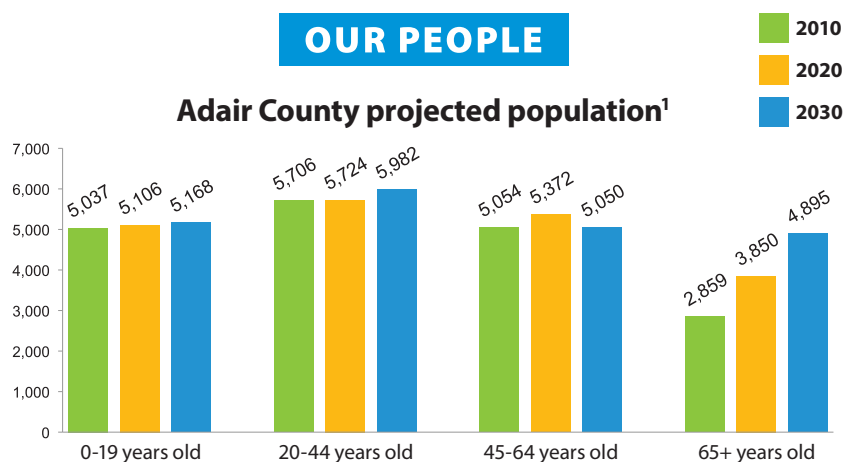
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Adair County. To help families make wise decisions, our educational programs focus on:

- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities

In 2012-2013, Family and Consumer Sciences Extension made **8,868** contacts with Adair County individuals and families.²

OUR PEOPLE

Adair County projected population¹



SPOTLIGHT ON ...

LEAP FOR HEALTH

According to the Kids Count Data Center, the obesity rate for Adair County is 14.9 percent. Because research has shown a natural link between nutrition, physical activity, and reading, the Adair County Cooperative Extension Service collaborated with Head Start to offer "Literacy, Eating, and Activity for Primary Youth (LEAP)" programming to approximately 65 preschoolers during the 2012-2013 school year. Teachers reported that as a result of the LEAP for Health program: 90 percent of the students indicated they would participate in physical activity at home; and 80 percent said they would like to try a particular fruit or vegetable at home. Teachers also reported that 90 percent of the students were able to name a least one or more health benefit of physical activity and consuming fruits and/or vegetables.

<http://hes.uky.edu/StrongFamilies>

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ in Adair County...

- **19.3%** (+/- 6.0) of families with children were below poverty
- **28.5%** (+/- 5.3) of those ages 65 and over were below poverty
- **18.0%** (+/- 2.5) of households had retirement income
- **7.8%** (+/- 2.1) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Adair County had **1,601** people, **391** children and **258** seniors with low access to a supermarket or large grocery store.*

In addition, **829** residents had **both** low income **and** low access to stores.

As a result of participating in Adair County Extension programs:²

- **1,000** people demonstrated an increase in practical living skills.
- **50** people utilized healthy food delivery systems and access points.
- **100** people increased knowledge of economic and enterprise development.

COMMUNITY AVAILABILITY

In 2011, Adair County had:

- **4** Grocery stores (any kind)⁵
 - **4** Grocery/supermarkets (except convenience)⁵
 - **0** Convenience stores (i.e. food marts – no gas)⁵
- **10** Gasoline stations with convenience stores⁵

In the county, there were:

- **3** Roadside markets that served the county⁶
- **2** Farmers market locations⁷
- **26** SNAP** authorized stores (food stamps)⁴
- **5** WIC*** authorized stores⁴

In 2011, there were **\$191,916.41** in SNAP redemptions/per SNAP authorized store in Adair County.⁴

As a result of participating in Adair County Extension programs:²

- **220** people understand the benefits of spending time together in physical activity.
- **400** people implemented practices for safe storage, handling, and preparation of food.
- **125** people reported eating more healthy foods.

FOOD ASSISTANCE

In Adair County...

- **1,275** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **997** children in 2007 (**up 27.9%**).⁹
- **61.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,829** SNAP cases and the monthly SNAP benefit level was **\$241.62**.⁸

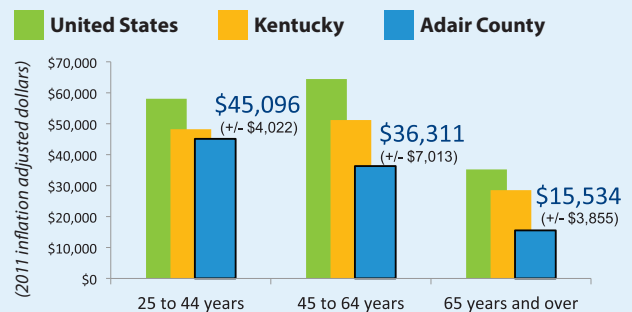
Adair County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

As a result of participating in Adair County Extension programs:²

- **50** people adopted practices to increase food access and affordability.
- **245** families/caregivers increased their knowledge about eating healthy foods.
- **384** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Adair County (2007-2011)³



SOURCES

- ¹ Kentucky State Data Center
- ² Kentucky Cooperative Extension Service Reporting, FY 2013
- ³ 2007-2011 American Community Survey, 5-Year Estimates
- ⁴ USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- ⁵ US Dept of Commerce, County Business Patterns, 2011.
- ⁶ Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- ⁷ Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- ⁸ Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. http://chfs.ky.gov/dcb/dcb_data_book.htm
- ⁹ Kids Count Data Center, KY Youth Advocates.
- ¹⁰ Kentucky Association of Food Banks. <http://www.kafb.org>
- * Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
- ** Supplemental Nutrition Assistance Program
- *** The Special Supplemental Nutrition Program for Women, Infants and Children

