



ALLEN COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

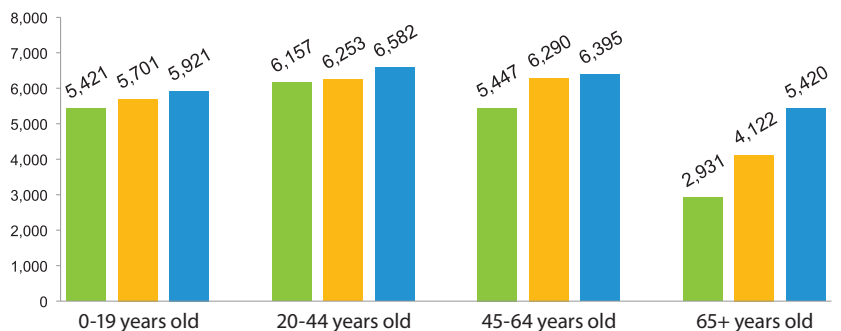
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Allen County. To help families make wise decisions, our educational programs focus on:

- **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 **6,759** contacts with Allen County individuals and families.²

OUR PEOPLE

Allen County projected population¹



SPOTLIGHT ON ...

"HEALTH MATTERS" PARTNERSHIP

To emphasize preventive health care responsibilities by individuals, families, and communities, the Allen County Cooperative Extension Service and local health department partnered to provide "Health Matters," a series of educational programs targeting critical health issues and preventive lifestyle habits. The first addressed dietary "MyPlate" recommendations and increased access to high-quality and safe local food systems. The kick-off event brought the farmers market into downtown Scottsville. Recipe sampling, displays, and incentives reached 125 participants - resulting in more than \$500 in immediate product sales. The three-part workshop series reached an additional 49 participants, with 80 percent indicating plans to include more fruits and vegetables in meal planning and accessing more local produce.

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

FAMILY ACCESS

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

- **23.9%** (+/- 5.8) of families with children were below poverty
- **10.0%** (+/- 3.0) of those ages 65 and over were below poverty
- **21.5%** (+/- 2.6) of households had retirement income
- **8.2%** (+/- 2.2) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Allen County had **246** people, **62** children and **48** seniors with low access to a supermarket or large grocery store.*

In addition, **103** residents had **both** low income **and** low access to stores.

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

- **385** people increased knowledge of economic and enterprise development.
- **80** people utilized healthy food delivery systems and access points.
- **710** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Allen 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
- **1** Farmers market location⁷
- **19** SNAP** authorized stores (food stamps)⁴
- **3** WIC*** authorized stores⁴

In 2011, there were **\$242,261.26** in SNAP redemptions/per SNAP authorized store in Allen County.⁴

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

- **330** people increased knowledge of lifestyle changes to improve personal health.
- **445** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **240** people reported eating more healthy foods.

FOOD ASSISTANCE

In Allen County...

- **1,414** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **1,081** children in 2007 (**up 30.8%**).⁹
- **56.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,736** SNAP cases and the monthly SNAP benefit level was **\$274.30**.⁸

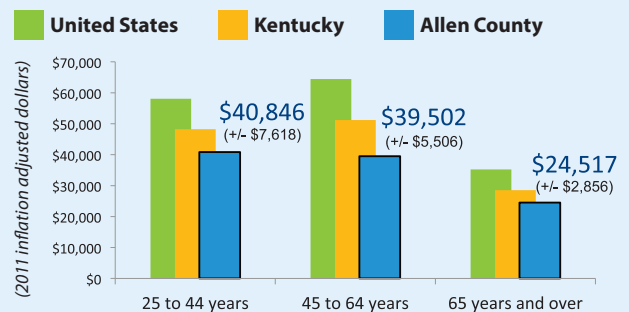
Allen County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

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

- **80** people adopted practices to increase food access and affordability.
- **6,524** families/caregivers increased their knowledge about eating healthy foods.
- **524** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Allen 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/dcbcs/data_book.htm
- ⁹ Kids Count Data Center, KY Youth Advocates.
- ¹⁰ Kentucky Association of Food Banks. <http://www.kafb.org>
- ** Supplemental Nutrition Assistance Program
- *** The Special Supplemental Nutrition Program for Women, Infants and Children