



ANDERSON COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

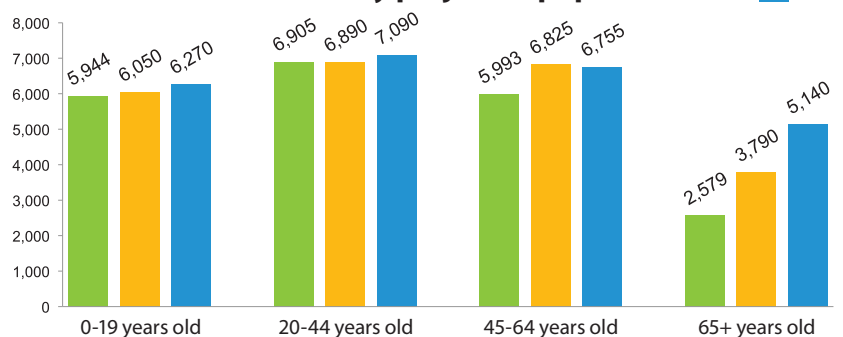
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Anderson County. To help families make wise decisions, our educational programs focus on:

- **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 **6,716** contacts with Anderson County individuals and families.²

OUR PEOPLE

Anderson County projected population¹



SPOTLIGHT ON ...

SELF-MANAGEMENT OF DIABETES

Diabetes is a chronic illness that requires continuous medical care and patient self-management to prevent acute complications and reduce the risk of long-term problems, according to the American Diabetes Association. To promote the health benefits of self-management, the Anderson County FCS agent partnered with the local health department to offer "Taking Ownership of Your Diabetes." Post-program evaluations of the 37 participants revealed that all were choosing water or calorie-free drinks instead of regular sodas, controlling portion sizes, choosing whole-grain foods, and eating non-starchy vegetables with meals. Participants also reported an increase in physical activity (77 percent), seeing the doctor at least once a year (85 percent), having A1C checked two or more times a year (85 percent), and complying with the diabetes regimen prescribed by their doctor.

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

FAMILY ACCESS

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

- **15.8%** (+/- 5.3) of families with children were below poverty
- **8.1%** (+/- 3.6) of those ages 65 and over were below poverty
- **25.4%** (+/- 3.3) of households had retirement income
- **3.0%** (+/- 1.3) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Anderson County had **5,586** people, **1,526** children and **577** seniors with low access to a supermarket or large grocery store.*

In addition, **1,241** residents had **both** low income **and** low access to stores.

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

- **51** people increased leadership knowledge and skills.
- **46** people utilized healthy food delivery systems and access points.
- **73** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Anderson County had:

- **5** Grocery stores (any kind)⁵
 - **1** Grocery/supermarket (except convenience)⁵
 - **4** 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
- **17** SNAP** authorized stores (food stamps)⁴
- **3** WIC*** authorized stores⁴

In 2011, there were **\$298,094.30** in SNAP redemptions/per SNAP authorized store in Anderson County.⁴

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

- **18** people in Taking Control of Your Diabetes utilized a diabetes meal plan.
- **25** people increased knowledge of safe storage, handling, and preparation of food.
- **78** people reported eating more healthy foods.

FOOD ASSISTANCE

In Anderson County...

- **1,253** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **747** children in 2007 (**up 67.7%**).⁹
- **43.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,303** SNAP cases and the monthly SNAP benefit level was **\$294.06**.⁸

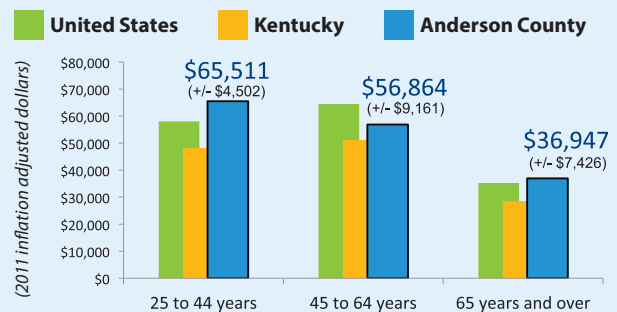
Anderson County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **15** people adopted practices to increase food access and affordability.
- **108** families/caregivers increased their knowledge about eating healthy foods.
- **40** people in Plate it Up! Kentucky Proud indicated they are more likely to buy produce.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Anderson 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>
- * 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

