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

http://hes.uky.edu/StrongFamilies

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
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%).

• 43.0% of students attending public schools were eligible for free or reduced-price meals.

• There were 1,303 SNAP cases and the monthly SNAP benefit level was $294.06.

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

As a result of participating in Anderson County Extension programs:

• 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.

As a result of participating in Anderson County Extension programs:

• 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.

According to the 2007-2011 American Community Survey, 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 Atlas 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.

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• 43.0% of students attending public schools were eligible for free or reduced-price meals.

• There were 1,303 SNAP cases and the monthly SNAP benefit level was $294.06.

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

As a result of participating in Anderson County Extension programs:

• 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.

In 2011, Anderson County had:

• 5 Grocery stores (any kind)

• 1 Grocery/supermarket (except convenience)

• 4 Convenience stores (i.e. food marts – no gas)

• 10 Gasoline stations with convenience stores

In the county, there were:

• 3 Roadside markets that served the county

• 1 Farmers market location

• 17 SNAP** authorized stores (food stamps)

• 3 WIC*** authorized stores

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

As a result of participating in Anderson County Extension programs:

• 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)

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• 10 Gasoline stations with convenience stores

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• 17 SNAP** authorized stores (food stamps)

• 3 WIC*** authorized stores

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

As a result of participating in Anderson County Extension programs:

• 15 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.

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

<table>
<thead>
<tr>
<th>Age of Householder</th>
<th>United States</th>
<th>Kentucky</th>
<th>Anderson County</th>
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<tbody>
<tr>
<td>25 to 44 years</td>
<td>$65,511 (+/- $4,102)</td>
<td>$56,864 (+/- $9,161)</td>
<td>$36,947 (+/- $7,426)</td>
</tr>
<tr>
<td>45 to 64 years</td>
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<tr>
<td>65 years and over</td>
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Sources:

1 Kentucky State Data Center
2 Kentucky Cooperative Extension Service Reporting, FY 2013
3 2007-2011 American Community Survey, 5-Year Estimates
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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.