



## BARREN COUNTY

Mindy McCulley,  
County Extension Agent, Family and Consumer Sciences

# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

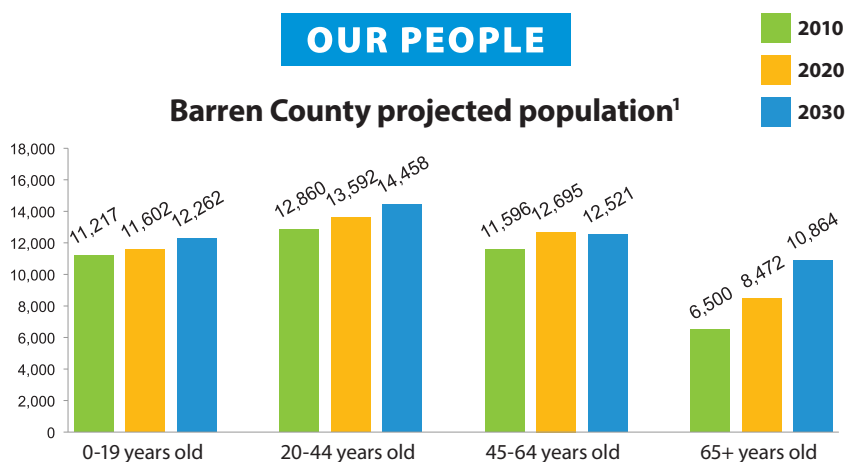
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Barren County. To help families make wise decisions, our educational programs focus on:

- **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 **4,680** contacts with Barren County individuals and families.<sup>2</sup>

### OUR PEOPLE

Barren County projected population<sup>1</sup>



### SPOTLIGHT ON ...

## BOUNTY OF THE BARRENS

To implement a sustainable local food economy, the Bounty of the Barrens Farmers Market was created. During late spring, summer, and early fall, it generated approximately \$16,500 a month in income for vendors. The winter market, located at the extension office, generated nearly \$4,000 a month in sales. In summer 2012, 285 fruit and vegetable purchases were completed using Electronic Funds Transfer cards for the Supplemental Nutrition Assistance Program. During the same period, 276 Women, Infants, and Children or Senior Voucher purchases were completed. Food demonstrations using available, in-season products educate citizens on preparation and the importance of including fruits and vegetables in a healthy diet. Vendors report that eggplant, asparagus, and cabbage sales improve when there is a food demonstration or taste-testing with recipes on site.

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

## FAMILY ACCESS

According to the 2007-2011 American Community Survey,<sup>3</sup> in Barren County...

- **24.9%** (+/- 3.5) of families with children were below poverty
- **21.0%** (+/- 3.8) of those ages 65 and over were below poverty
- **18.6%** (+/- 1.8) of households had retirement income
- **6.7%** (+/- 1.2) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Barren County had **3,266** people, **764** children and **553** seniors with low access to a supermarket or large grocery store.\*

In addition, **1,296** residents had **both** low income **and** low access to stores.

### As a result of participating in Barren County Extension programs:<sup>2</sup>

- **5,249** people demonstrated an increase in practical living skills.
- **825** people utilized healthy food delivery systems and access points.
- **359** people increased knowledge of economic and enterprise development.

## COMMUNITY AVAILABILITY

In 2011, Barren County had:

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

In the county, there were:

- **4** Roadside markets that served the county<sup>6</sup>
- **4** Farmers market locations<sup>7</sup>
- **50** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **11** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$290,658.89** in SNAP redemptions/per SNAP authorized store in Barren County.<sup>4</sup>

### As a result of participating in Barren County Extension programs:<sup>2</sup>

- **1,175** people made lifestyle changes to improve health.
- **450** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **850** people reported eating more healthy foods.

## FOOD ASSISTANCE

In Barren County...

- **3,065** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **2,323** children in 2007 (**up 31.9%**).<sup>9</sup>
- **59.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **4,291** SNAP cases and the monthly SNAP benefit level was **\$263.57**.<sup>8</sup>

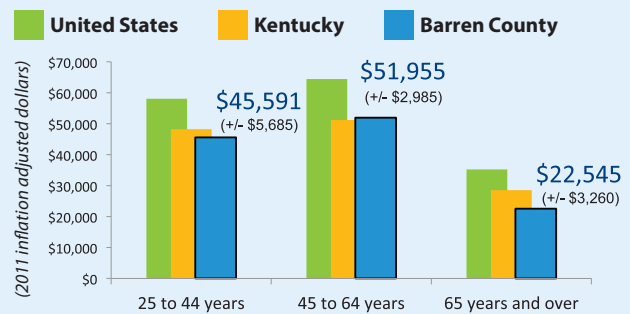
Barren County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.<sup>10</sup>

### As a result of participating in Barren County Extension programs:<sup>2</sup>

- **630** people adopted practices to increase food access and affordability.
- **3,560** families/caregivers increased their knowledge about eating healthy foods.
- **2,200** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Barren County (2007-2011)<sup>3</sup>



#### SOURCES

- <sup>1</sup> Kentucky State Data Center
- <sup>2</sup> Kentucky Cooperative Extension Service Reporting, FY 2013
- <sup>3</sup> 2007-2011 American Community Survey, 5-Year Estimates
- <sup>4</sup> USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- <sup>5</sup> US Dept of Commerce, County Business Patterns, 2011.
- <sup>6</sup> Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- <sup>7</sup> Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- <sup>8</sup> Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. [http://chfs.ky.gov/dcbcs/data\\_book.htm](http://chfs.ky.gov/dcbcs/data_book.htm)
- <sup>9</sup> Kids Count Data Center, KY Youth Advocates.
- <sup>10</sup> 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

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UNIVERSITY OF  
**KENTUCKY**  
College of Agriculture,  
Food and Environment  
School of Human Environmental Sciences