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 Bath 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 173,683 contacts with Bath County individuals and families.²

Our People

Bath County projected population¹

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19 years old</td>
<td>3,141</td>
<td>3,080</td>
<td>3,033</td>
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<tr>
<td>20-44 years old</td>
<td>3,466</td>
<td>3,308</td>
<td>3,263</td>
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<tr>
<td>45-64 years old</td>
<td>3,278</td>
<td>3,405</td>
<td>3,195</td>
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<tr>
<td>65+ years old</td>
<td>1,706</td>
<td>2,339</td>
<td>2,869</td>
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Spotlight on...

Healthy Cooking

Two-thirds of Kentuckians are classified as being overweight (one-third are classified as obese). To address the obesity challenge, the Bath County FCS agent repeated a highly successful "Healthy Cooking" program with the maximum enrollment of 15 people. The four-part series focused on cooking with pumpkin, healthy cooking in a slow cooker, and healthy baking. In the three months following the classes, 90 percent reported using one or more of the healthy recipes shared in the classes; 50 percent reported taking more time to read nutrition labels on food; 50 percent reported increased use of their slow cookers; 50 percent reported using pumpkin in recipes for dishes other than pumpkin pie.

http://hes.uky.edu/StrongFamilies
According to the 2007-2011 American Community Survey, in Bath County...

- 35.3% (+/- 8.7) of families with children were below poverty
- 21.5% (+/- 7.6) of those ages 65 and over were below poverty
- 18.1% (+/- 3.3) of households had retirement income
- 7.5% (+/- 2.3) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Bath County had 196 households with no vehicle and low access to a supermarket or large grocery store.*

As a result of participating in Bath County Extension programs:

- 1,915 people demonstrated an increase in practical living skills.
- 228 people utilized healthy food delivery systems and access points.
- 100 people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

**COMMUNITY AVAILABILITY**

In 2011, Bath County had:

- 8 Grocery stores (any kind)
  - 4 Grocery/supermarkets (except convenience)
  - 4 Convenience stores (i.e. food marts – no gas)
- 7 Gasoline stations with convenience stores

In the county, there were:

- 2 Roadside markets that served the county
- 1 Farmers market location
- 18 SNAP** authorized stores (food stamps)
- 4 WIC*** authorized stores

In 2011, there were $87,434.19 in SNAP redemptions/per SNAP authorized store in Bath County.

As a result of participating in Bath County Extension programs:

- 178 people adopted practices to increase food access and affordability.
- 5,045 families/caregivers were reached with information on accessing healthy foods.
- 3,000 youth increased their knowledge of healthy food consumption.

**FOOD ASSISTANCE**

In Bath County...

- 1,279 was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 1,029 children in 2007 (up 24.3%).
- 71.0% of students attending public schools were eligible for free or reduced-price meals.
- There were 1,723 SNAP cases and the monthly SNAP benefit level was $268.99.

Bath County is served by God’s Pantry Food Bank of the Ky. Assoc. of Food Banks.

As a result of participating in Bath County Extension programs:

- 623 people increased knowledge of lifestyle changes to improve personal health.
- 631 families spent time together in physical activity.
- 945 people reported eating more healthy foods.

**HOUSEHOLD INCOME**

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

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<thead>
<tr>
<th></th>
<th>$0</th>
<th>$10,000</th>
<th>$20,000</th>
<th>$30,000</th>
<th>$40,000</th>
<th>$50,000</th>
<th>$60,000</th>
<th>$70,000</th>
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<tbody>
<tr>
<td>United States</td>
<td>$30,659 (+/- $6,317)</td>
<td>$36,926 (+/- $5,634)</td>
<td>$19,262 (+/- $2,240)</td>
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<tr>
<td>Kentucky</td>
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<table>
<thead>
<tr>
<th>Age</th>
<th>United States</th>
<th>Kentucky</th>
<th>Bath County</th>
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</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$30,659 (+/- $6,317)</td>
<td>$36,926 (+/- $5,634)</td>
<td>$19,262 (+/- $2,240)</td>
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<tr>
<td>45 to 64 years</td>
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<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
* 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.