



## BELL COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



## OUR FOCUS

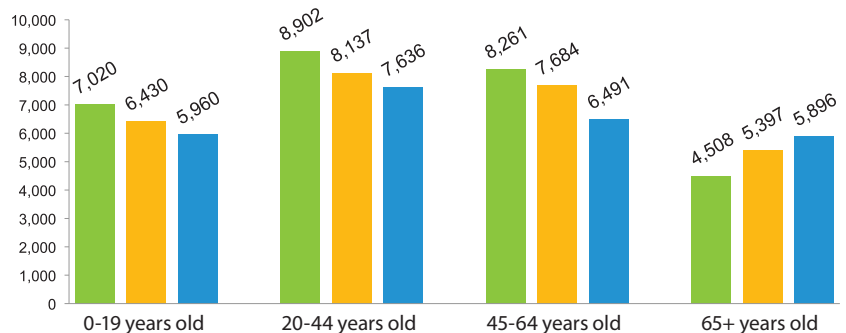
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Bell County. To help families make wise decisions, our educational programs focus on:

- **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 **17,981** contacts with Bell County individuals and families.<sup>2</sup>

## OUR PEOPLE

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



## SPOTLIGHT ON ...

### PLATE IT UP! KENTUCKY PROUD

In an effort to educate families on healthy eating and safe food preparation, Bell County FCS staff provided a series of bimonthly cooking classes called "Plate It Up! Kentucky Proud." Twenty-three individuals received recipes and participated in hands-on activities focusing on the nutritional analysis of the recipes - calories, fat, fiber, and carbohydrates in particular. "Plate It Up! Kentucky Proud!" targeted the selection, storage, and preparation of locally grown fruits and vegetables. Post-program evaluations indicated that 90 percent of participants increased their consumption of locally grown fruits and vegetables; 100 percent improved their food preparation skills and nutritional habits; and 100 percent reported that as a result of the program, they prepared the healthy recipes at home.

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

## FAMILY ACCESS

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

- **40.2%** (+/- 5.3) of families with children were below poverty
- **20.9%** (+/- 3.9) of those ages 65 and over were below poverty
- **18.6%** (+/- 2.4) of households had retirement income
- **14.2%** (+/- 2.4) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Bell County had **5,967** people, **1,343** children and **1,044** seniors with low access to a supermarket or large grocery store.\*

In addition, **3,614** residents had **both** low income **and** low access to stores.

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

- **362** people increased knowledge of economic and enterprise development.
- **332** people increased leadership knowledge and skills.
- **910** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Bell County had:

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

In the county, there were:

- **1** Roadside market that served the county<sup>6</sup>
- **0** Farmers market locations<sup>7</sup>
- **47** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **15** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$479,798.79** in SNAP redemptions/per SNAP authorized store in Bell County.<sup>4</sup>

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

- **350** people made lifestyle changes to improve health.
- **220** people increased knowledge of safe storage, handling, and preparation of food.
- **400** people increased knowledge of healthy food consumption.

## FOOD ASSISTANCE

In Bell County...

- **3,470** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **3,283** children in 2007 (**up 5.7%**).<sup>9</sup>
- **81.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **5,837** SNAP cases and the monthly SNAP benefit level was **\$258.01**.<sup>8</sup>

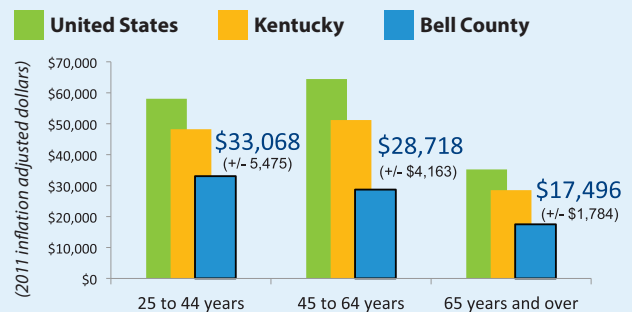
Bell County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **25** people adopted practices to increase food access and affordability.
- **540** people were reached with information on eating healthy foods.
- **418** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Bell 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/dcb/dcb\\_data\\_book.htm](http://chfs.ky.gov/dcb/dcb_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