



## BOONE COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

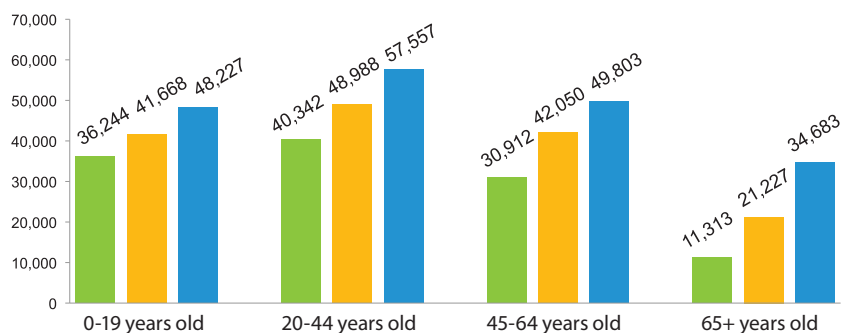
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Boone County. To help families make wise decisions, our educational programs focus on:

- **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 **8,453** contacts with Boone County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## TASTY TRAVELS ACROSS AMERICA

**E**ducational programs addressing healthy eating, buying locally, and preparing foods safely are becoming increasingly important. With this in mind, the Boone County and other FCS extension staff provided "Tasty Travels across America" to 238 food service personnel, FCS teachers, local producers, and consumers. New and familiar ingredients relating to country and state food cultures were explored, along with valuable cooking, food safety, and nutrition tips. According to an eight-week follow-up survey returned by almost half of the participants, 95 percent reported trying to eat healthier since the program and 94 percent reported purchasing local produce. Of the 109 survey responses, 74 people reported learning and using a new food safety technique.

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

## FAMILY ACCESS

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

- **7.2%** (+/- 1.6) of families with children were below poverty
- **7.8%** (+/- 2.0) of those ages 65 and over were below poverty
- **17.8%** (+/- 1.1) of households had retirement income
- **4.4%** (+/- 0.7) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Boone County had **40,238** people, **12,084** children and **3,225** seniors with low access to a supermarket or large grocery store.\*

In addition, **5,504** residents had **both** low income **and** low access to stores.

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

- **560** people increased knowledge of economic and enterprise development.
- **748** people are ready to enter the work force.
- **195** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Boone County had:

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

In the county, there were:

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

In 2011, there were **\$304,963.68** in SNAP redemptions/per SNAP authorized store in Boone County.<sup>4</sup>

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

- **1,397** people increased knowledge of lifestyle changes to improve personal health.
- **545** people implemented practices for safe storage, handling, and preparation of food.
- **621** people reported eating more healthy foods.

## FOOD ASSISTANCE

In Boone County...

- **4,864** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **3,012** children in 2007 (**up 61.5%**).<sup>9</sup>
- **31.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **4,807** SNAP cases and the monthly SNAP benefit level was **\$301.81**.<sup>8</sup>

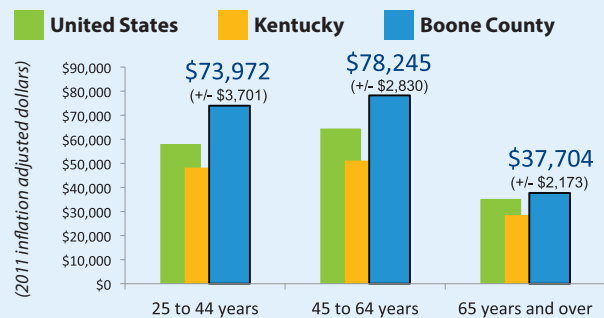
Boone County is served by Freestore Foodbank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **430** people adopted practices to increase food access and affordability.
- **1,148** families/caregivers increased their knowledge about eating healthy foods.
- **793** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Boone 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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