



## BOURBON COUNTY

Elizabeth Kingsland,  
County Extension Agent, Family and Consumer Sciences

# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

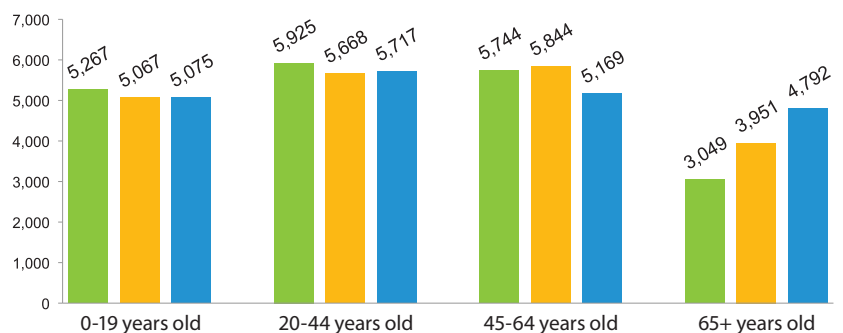
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Bourbon County. To help families make wise decisions, our educational programs focus on:

- **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 **18,185** contacts with Bourbon County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## HEALTHY COOKING BASICS

Research shows that only 15 percent know, at 4 pm, what they will have for dinner that evening, which can lead to consuming more fast food and meals eaten outside of the home. Preparing meals at home can also be more cost-effective, but many lack the skills to prepare healthy meals. As a result, the Bourbon County Extension Service provided a series of healthy cooking classes reaching 52 people. Pre-series surveys indicated that over half did not know how to cook fresh, non-processed foods; 75 percent never tried new dishes because they were unsure how to prepare the items; and 99 percent were willing to try different cooking methods to make their meals healthier. Participants' positive feedback encouraged extension to continue and expand the program.

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

## FAMILY ACCESS

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

- **21.4%** (+/- 4.6) of families with children were below poverty
- **8.9%** (+/- 3.7) of those ages 65 and over were below poverty
- **21.9%** (+/- 2.6) of households had retirement income
- **8.3%** (+/- 2.1) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Bourbon County had **1,505** people, **368** children and **175** seniors with low access to a supermarket or large grocery store.\*

In addition, **523** residents had **both** low income **and** low access to stores.

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

- **50** people increased leadership knowledge and skills.
- **50** people utilized healthy food delivery systems and access points.
- **12** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Bourbon County had:

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

In the county, there were:

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

In 2011, there were **\$263,672.14** in SNAP redemptions/per SNAP authorized store in Bourbon County.<sup>4</sup>

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

- **225** families/caregivers increased their knowledge about eating more healthy foods.
- **100** youth increased knowledge about personal finance.
- **100** people reported eating more healthy foods.

## FOOD ASSISTANCE

In Bourbon County...

- **1,516** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **1,037** children in 2007 (**up 46.2%**).<sup>9</sup>
- **60.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **2,040** SNAP cases and the monthly SNAP benefit level was **\$272.48**.<sup>8</sup>

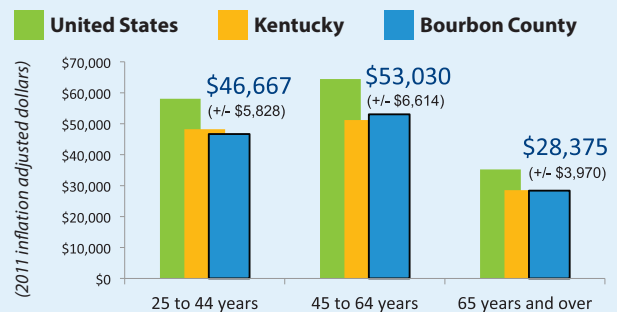
Bourbon County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **25** people adopted practices to increase food access and affordability.
- **100** people supplemented their diets with healthy foods they produced or preserved.
- **250** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

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