



## BOYLE COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

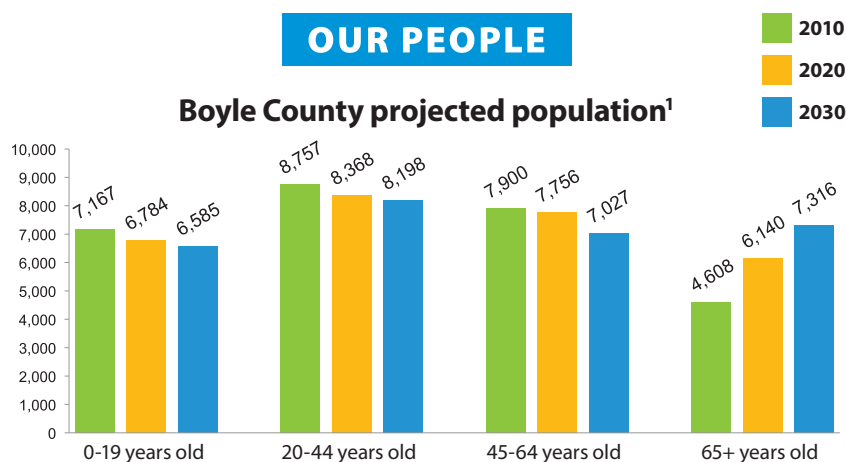
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Boyle County. To help families make wise decisions, our educational programs focus on:

- **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 **3,401** contacts with Boyle County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## EXPLORING NUTRITION

**W**ith the Kentucky Department for Public Health reporting nearly 60 percent of the local adult population as overweight or obese with a 5 percent occurrence of diabetes and 25 percent occurrence of high blood pressure, it is clear that lack of physical activity and poor food choices are making Boyle Countians ill. To encourage physical activity and healthy food choice habits early in life, Boyle County Extension Service staff shared "Exploring Nutrition with Professor Popcorn" with 1,192 students. Evaluations conducted after the five-day program indicate youth were better able to make healthy food choices, were encouraged to eat more whole grains, increased their weekly amount of physical activity, and were better able to classify foods into food groups.

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

## FAMILY ACCESS

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

- **24.1%** (+/- 5.0) of families with children were below poverty
- **9.0%** (+/- 2.7) of those ages 65 and over were below poverty
- **22.1%** (+/- 1.9) of households had retirement income
- **6.4%** (+/- 1.5) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Boyle County had **6,698** people, **1,414** children and **940** seniors with low access to a supermarket or large grocery store.\*

In addition, **2,879** residents had **both** low income **and** low access to stores.

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

- **2,173** people demonstrated an increase in practical living skills.
- **71** people increased knowledge of economic and enterprise development.
- **72** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Boyle County had:

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

In the county, there were:

- **5** Roadside markets that served the county<sup>6</sup>
- **1** Farmers market location<sup>7</sup>
- **26** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **6** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$433,054.38** in SNAP redemptions/per SNAP authorized store in Boyle County.<sup>4</sup>

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

- **370** people made lifestyle changes to improve health.
- **1,365** people increased knowledge of safe storage, handling, and preparation of food.
- **275** families spent time together in physical activity.

## FOOD ASSISTANCE

In Boyle County...

- **1,880** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **1,316** children in 2007 (**up 42.9%**).<sup>9</sup>
- **49.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **2,670** SNAP cases and the monthly SNAP benefit level was **\$253.88**.<sup>8</sup>

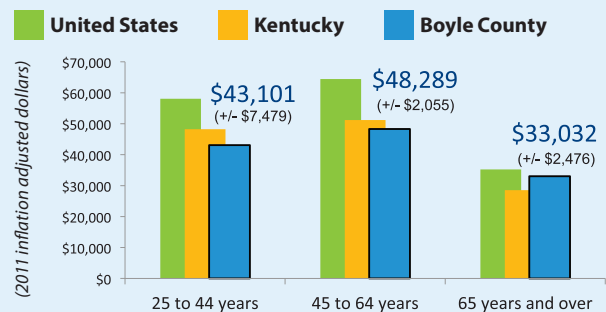
Boyle County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **50** people adopted practices to increase food access and affordability.
- **840** youth reported eating more healthy foods.
- **1,235** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

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