



## BULLITT COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

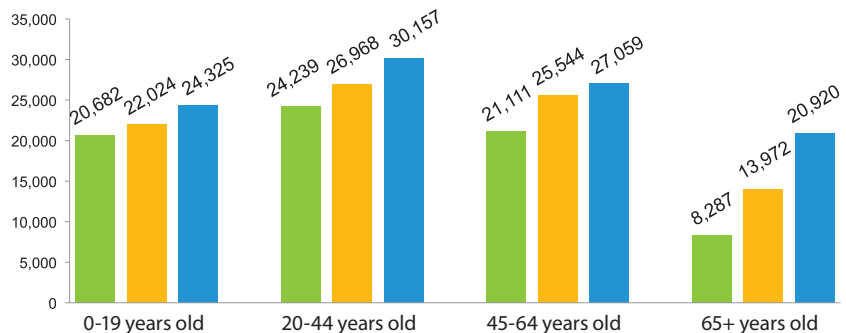
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Bullitt County. To help families make wise decisions, our educational programs focus on:

- **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 **15,008** contacts with Bullitt County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## COOKING FROM THE GARDEN

Increasing access to fresh, locally grown vegetables is important to consumers as well as producers. For a second summer, the Bullitt County FCS agent collaborated with Crossroad Elementary School Garden Club to teach students about nutrition and how to fully utilize their harvest. Working with the teacher and family resource director, 24 elementary school children participated in four classes about increasing their fruit and vegetable intake using produce grown in their garden. Program evaluations indicate that in four weeks: more than 95 percent of the children sampled a variety of recipes and returned home to share with a parent or prepare for their family; 25 percent returned their weekly record indicating they ate five fruits and vegetables each day; and 100 percent increased the fruits and vegetable consumption.

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

## FAMILY ACCESS

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

- **10.6%** (+/- 2.3) of families with children were below poverty
- **8.4%** (+/- 2.5) of those ages 65 and over were below poverty
- **22.3%** (+/- 1.4) of households had retirement income
- **3.2%** (+/- 0.7) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Bullitt County had **18,938** people, **4,700** children and **2,066** seniors with low access to a supermarket or large grocery store.\*

In addition, **5,320** residents had **both** low income **and** low access to stores.

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

- **746** people demonstrated an increase in practical living skills.
- **44** people increased knowledge of economic and enterprise development.
- **38** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Bullitt County had:

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

In the county, there were:

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

In 2011, there were **\$87,398.19** in SNAP redemptions/per SNAP authorized store in Bullitt County.<sup>4</sup>

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

- **381** youth reported eating more healthy foods.
- **617** people increased knowledge of lifestyle changes to improve personal health.
- **245** families spent time together in physical activity.

## FOOD ASSISTANCE

In Bullitt County...

- **3,873** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **2,854** children in 2007 (**up 35.7%**).<sup>9</sup>
- **46.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **4,513** SNAP cases and the monthly SNAP benefit level was **\$287.71**.<sup>8</sup>

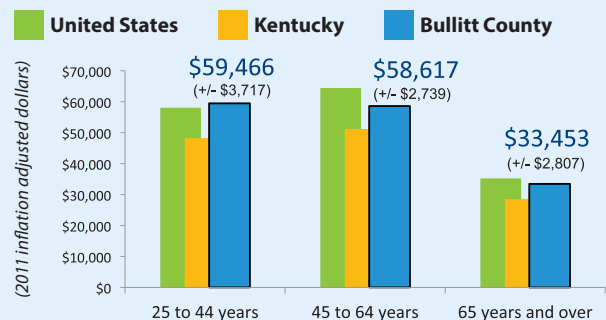
Bullitt County is served by Dare to Care Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **250** people supplemented their diets with healthy foods they produced or preserved.
- **1,025** people were reached with information on accessing healthy foods.
- **717** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Bullitt 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