



CALDWELL COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

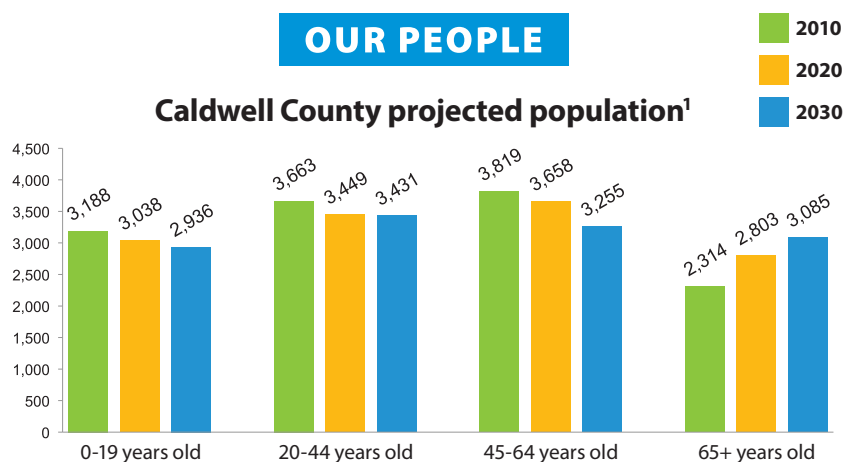
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Caldwell County. To help families make wise decisions, our educational programs focus on:

- **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 **6,079** contacts with Caldwell County individuals and families.²

OUR PEOPLE

Caldwell County projected population¹



SPOTLIGHT ON ...

FITNESS IN CALDWELL COUNTY

The Trust for America's Health reports that 17.6 percent of Kentucky high school students and 21 percent of Kentucky children ages 2 to 5 are obese. The most recent "Health Education through Extension Leadership" report concluded that 29.6 percent of Caldwell County residents are obese. It is evident that eating healthier diets and increasing physical activity are essential. The Family and Consumer Sciences staff in Caldwell County hosted a six-week FITNESS (Feel Inspired to Train and Experience Success Stories) program for 18 participants ages 9 to 14. As a result of the program, all participants learned a new physical activity. Ninety-four percent plan to continue participating in that new activity, making physical activity a part of their daily routine. Ninety-four percent also report being more conscious of their eating habits.

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

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ in Caldwell County...

- **33.0%** (+/- 8.9) of families with children were below poverty
- **19.1%** (+/- 6.0) of those ages 65 and over were below poverty
- **23.1%** (+/- 3.5) of households had retirement income
- **5.7%** (+/- 2.4) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Caldwell County had **1,497** people, **335** children and **292** seniors with low access to a supermarket or large grocery store.*

In addition, **660** residents had **both** low income **and** low access to stores.

As a result of participating in Caldwell County Extension programs:²

- **180** people increased knowledge of economic and enterprise development.
- **65** people utilized healthy food delivery systems and access points.
- **109** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Caldwell County had:

- **5** Grocery stores (any kind)⁵
 - **4** Grocery/supermarkets (except convenience)⁵
 - **1** Convenience store (i.e. food marts – no gas)⁵
- **6** Gasoline stations with convenience stores⁵

In the county, there were:

- **2** Roadside markets that served the county⁶
- **0** Farmers market locations⁷
- **18** SNAP** authorized stores (food stamps)⁴
- **5** WIC*** authorized stores⁴

In 2011, there were **\$262,578.55** in SNAP redemptions/per SNAP authorized store in Caldwell County.⁴

As a result of participating in Caldwell County Extension programs:²

- **115** people made lifestyle changes to improve health.
- **210** people implemented practices for safe storage, handling, and preparation of food.
- **685** youth reported eating more healthy foods.

FOOD ASSISTANCE

In Caldwell County...

- **968** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **726** children in 2007 (**up 33.3%**).⁹
- **60.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,175** SNAP cases and the monthly SNAP benefit level was **\$263.91**.⁸

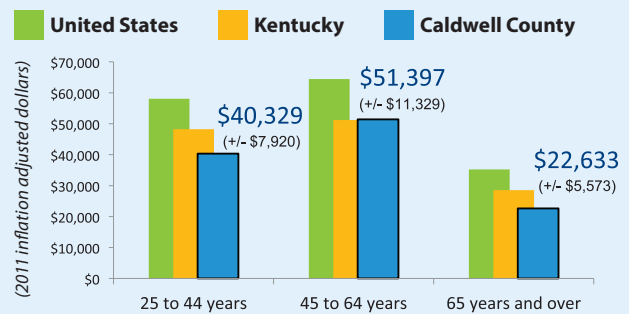
Caldwell County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

As a result of participating in Caldwell County Extension programs:²

- **50** people adopted practices to increase food access and affordability.
- **160** families/caregivers were reached with information on accessing healthy foods.
- **1,189** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Caldwell County (2007-2011)³



SOURCES

- ¹ Kentucky State Data Center
- ² Kentucky Cooperative Extension Service Reporting, FY 2013
- ³ 2007-2011 American Community Survey, 5-Year Estimates
- ⁴ USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- ⁵ US Dept of Commerce, County Business Patterns, 2011.
- ⁶ Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- ⁷ Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- ⁸ Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. http://chfs.ky.gov/dcb/dcb_data_book.htm
- ⁹ Kids Count Data Center, KY Youth Advocates.
- ¹⁰ 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