



CARLISLE COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

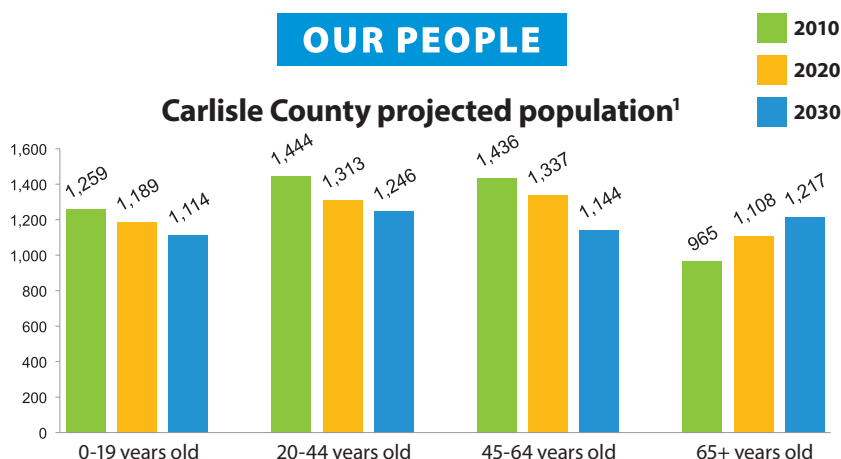
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Carlisle County. To help families make wise decisions, our educational programs focus on:

- **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 **12,312** contacts with Carlisle County individuals and families.²

OUR PEOPLE

Carlisle County projected population¹



SPOTLIGHT ON ...

PLATE IT UP! KENTUCKY PROUD

Kentucky ranks among the 10 highest states for adult obesity and for poor consumption of fruits and vegetables among adults. Locally grown produce provides access to fresh fruits and vegetables needed for a healthy diet. The Carlisle County Family and Consumer Sciences agent shared "Plate It Up! Kentucky Proud" with 42 Extension Homemaker leaders who would, in turn, share with more than 800 across the area. Of the 42 participating in the agent-led training: 29 homemakers stated they would definitely buy the Kentucky fruit or vegetable as a result of recipe sampling that day; 22 stated that the taste test definitely contributed to their plan to try the recipe at home; and 27 stated that as a result of receiving the recipes, they definitely will buy this Kentucky fruit or vegetable.

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

FAMILY ACCESS

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

- **17.7%** (+/- 7.3) of families with children were below poverty
- **15.4%** (+/- 6.3) of those ages 65 and over were below poverty
- **17.8%** (+/- 4.7) of households had retirement income
- **6.7%** (+/- 2.8) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Carlisle County had **344** people, **92** children and **40** seniors with low access to a supermarket or large grocery store.*

In addition, **108** residents had **both** low income **and** low access to stores.

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

- **134** people demonstrated an increase in practical living skills.
- **20** people increased knowledge of economic and enterprise development.
- **15** people in Stand Up to Falling understand how to reduce the risk of falling.

COMMUNITY AVAILABILITY

In 2011, Carlisle County had:

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

In the county, there were:

- **2** Roadside markets that served the county⁶
- **1** Farmers market location⁷
- **9** SNAP** authorized stores (food stamps)⁴
- **5** WIC*** authorized stores⁴

In 2011, there were **\$56,682.11** in SNAP redemptions/per SNAP authorized store in Carlisle County.⁴

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

- **67** people in Plate it Up! Kentucky Proud indicated they are more likely to buy produce.
- **38** people implemented practices for safe storage, handling, and preparation of food.
- **94** people increased knowledge of healthy food consumption.

FOOD ASSISTANCE

In Carlisle County...

- **325** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **219** children in 2007 (**up 48.4%**).⁹
- **58.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **456** SNAP cases and the monthly SNAP benefit level was **\$265.32**.⁸

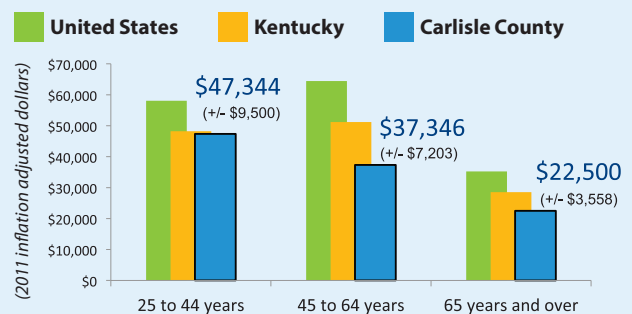
Carlisle County is served by Purchase Area Development District Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **27** people supplemented their diets with healthy foods they produced or preserved.
- **176** families/caregivers were reached with information on accessing healthy foods.
- **170** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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