



CARROLL COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

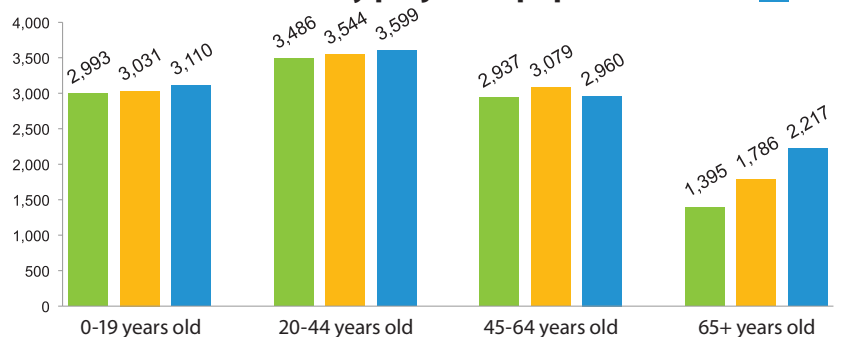
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Carroll County. To help families make wise decisions, our educational programs focus on:

- **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 **11,530** contacts with Carroll County individuals and families.²

OUR PEOPLE

Carroll County projected population¹



SPOTLIGHT ON ...

COOKING FOR HEALTHY LIVES

According to Kentucky Health Facts, 59 percent of Carroll County adults are overweight and 19 percent are obese. Carroll County Public School data indicate that most youth eat less than 25 percent of their recommended fruit, vegetables, grains and milk group servings. To address these issues, the Carroll County Family and Consumer Sciences program provided a six-week healthy cooking series to 11 young mothers and one father. Focused on planning and cooking healthy meals, participants learned basic methods of preparing fruits, vegetables, and meats. A follow up survey three months after the program revealed: 40 percent added more milk to family diets; 25 percent indicated their family was eating more vegetables; 30 percent of families ate more whole grain breads and cereals; and 100 percent used healthy recipes obtained through the program.

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

FAMILY ACCESS

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

- **33.0%** (+/- 10.9) of families with children were below poverty
- **22.4%** (+/- 6.6) of those ages 65 and over were below poverty
- **20.5%** (+/- 3.4) of households had retirement income
- **9.2%** (+/- 3.1) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Carroll County had **4,090** people, **1,031** children and **605** seniors with low access to a supermarket or large grocery store.*

In addition, **1,842** residents had **both** low income **and** low access to stores.

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

- **140** people demonstrated an increase in practical living skills.
- **85** people utilized healthy food delivery systems and access points.
- **35** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Carroll County had:

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

In the county, there were:

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

In 2011, there were **\$423,026.81** in SNAP redemptions/per SNAP authorized store in Carroll County.⁴

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

- **500** people increased knowledge of healthy food consumption.
- **200** people increased knowledge of lifestyle changes to improve personal health.
- **180** people reported eating more healthy foods.

FOOD ASSISTANCE

In Carroll County...

- **1,114** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **619** children in 2007 (**up 80.0%**).⁹
- **60.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,289** SNAP cases and the monthly SNAP benefit level was **\$292.86**.⁸

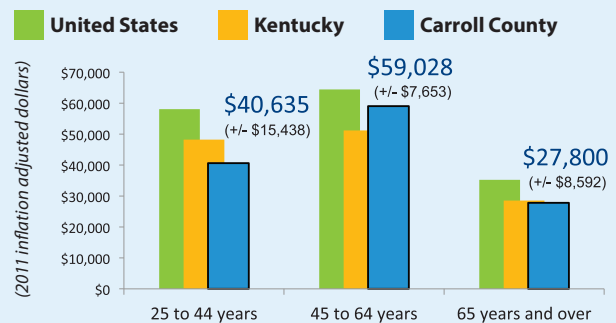
Carroll County is served by Dare to Care Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **48** people adopted practices to increase food access and affordability.
- **850** people were reached with information on eating healthy foods.
- **75** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Carroll 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/dcbcs/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

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