



CASEY COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

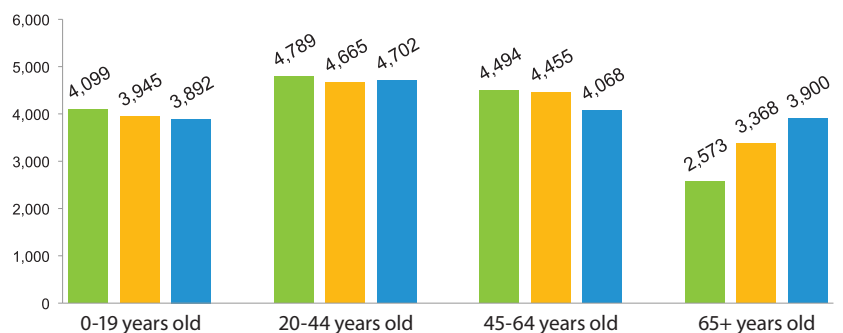
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Casey County. To help families make wise decisions, our educational programs focus on:

- **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 **8,886** contacts with Casey County individuals and families.²

OUR PEOPLE

Casey County projected population¹



SPOTLIGHT ON ...

DINING WITH DIABETES

Casey County has a high incidence of diabetes and related health issues. "Dining with Diabetes" was offered by the Casey County Family and Consumer Sciences program to help bridge the gap between awareness, diagnosis, and making healthier lifestyle choices that impact the health of community members. Twenty-five people participated in the four-week course, which addressed dietary needs, physical activity, portion control, carb counting, dining out, recipe tasting and altering, and other healthy lifestyle choices. In pre- and post-surveys used to evaluate changes in knowledge and behaviors: 85 percent stated they had increased their intake of healthy vegetables and fish, were using a MyPlate approach, and attempting portion control; 90 percent increased their water intake; and 75 percent reported increasing their weekly level of physical activity.

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

FAMILY ACCESS

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

- **33.1%** (+/- 6.4) of families with children were below poverty
- **23.2%** (+/- 6.2) of those ages 65 and over were below poverty
- **15.1%** (+/- 2.8) of households had retirement income
- **6.8%** (+/- 1.7) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Casey County had **968** people, **214** children and **145** seniors with low access to a supermarket or large grocery store.*

In addition, **578** residents had **both** low income **and** low access to stores.

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

- **78** people in Stand Up to Falling understand how to reduce the risk of falling.
- **50** people increased leadership knowledge and skills.
- **130** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Casey County had:

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

In the county, there were:

- **5** Roadside markets that served the county⁶
- **0** Farmers market locations⁷
- **28** SNAP^{***} authorized stores (food stamps)⁴
- **8** WIC^{***} authorized stores⁴

In 2011, there were **\$137,537.69** in SNAP redemptions/per SNAP authorized store in Casey County.⁴

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

- **250** people in Managing in Tough Times: Moneywise became aware of how to manage current economic events.
- **150** youth reported eating more healthy foods.
- **200** people increased knowledge of lifestyle changes to improve personal health.

FOOD ASSISTANCE

In Casey County...

- **1,436** was the average monthly number of children who received SNAP^{**} (food stamps) in 2011, up from **1,235** children in 2007 (**up 16.3%**).⁹
- **68.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,051** SNAP cases and the monthly SNAP benefit level was **\$259.46**.⁸

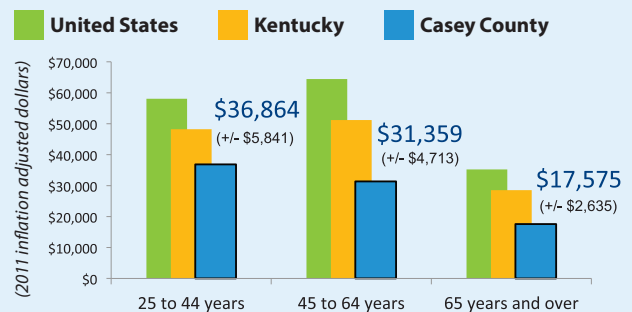
Casey County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

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

- **15** people in Taking Control of Your Diabetes utilized a diabetes meal plan.
- **50** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **190** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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