



CHRISTIAN COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

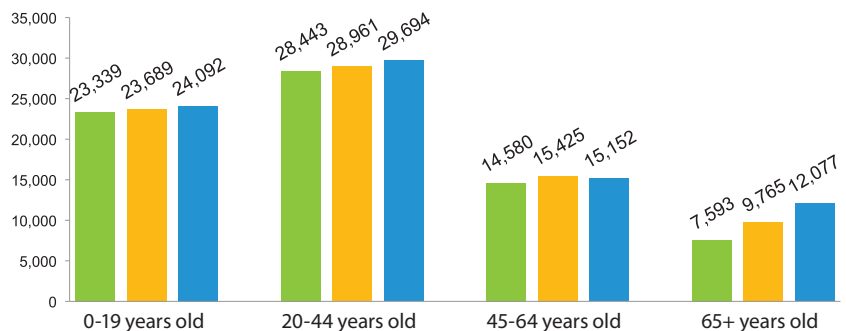
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Christian County. To help families make wise decisions, our educational programs focus on:

- **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 **19,679** contacts with Christian County individuals and families.²

OUR PEOPLE

Christian County projected population¹



SPOTLIGHT ON ...

HEALTHY EATING GUIDELINES

The obesity rate in Kentucky increased 90 percent over the last 15 years, and consumption of unhealthy foods is a contributing factor. The Christian County Extension Service responded by developing a farmers market buyers' guide that provides healthy eating tips and features the "Plate It Up! Kentucky Proud" program. Extension staff prepare weekly healthy recipes and distribute samples at the Downtown Hopkinsville Farmers Market to encourage a healthier lifestyle and the purchase of locally grown commodities. In the 2012 market season, over 1,000 buyers' guides were distributed and 500 people tasted fresh produce prepared from "Plate It Up!" recipes. Of those surveyed, 95 percent indicated the food samples probably or definitely contributed to their plan to try the recipe at home.

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

FAMILY ACCESS

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

- **26.1%** (+/- 3.3) of families with children were below poverty
- **11.2%** (+/- 2.1) of those ages 65 and over were below poverty
- **18.6%** (+/- 1.4) of households had retirement income
- **7.9%** (+/- 0.9) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Christian County had **15,171** people, **4,285** children and **865** seniors with low access to a supermarket or large grocery store.*

In addition, **6,348** residents had **both** low income **and** low access to stores.

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

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

COMMUNITY AVAILABILITY

In 2011, Christian County had:

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

In the county, there were:

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

In 2011, there were **\$374,107.52** in SNAP redemptions/per SNAP authorized store in Christian County.⁴

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

- **441** people made lifestyle changes to improve health.
- **702** people increased knowledge of healthy food consumption.
- **1,165** people increased knowledge of lifestyle changes to improve personal health.

FOOD ASSISTANCE

In Christian County...

- **5,422** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **5,040** children in 2007 (**up 7.6%**).⁹
- **68.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **6,108** SNAP cases and the monthly SNAP benefit level was **\$271.08**.⁸

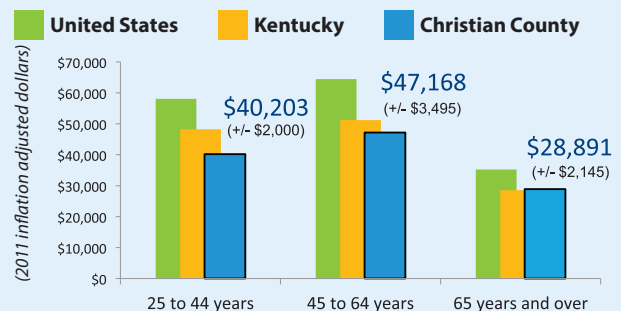
Christian County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

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

- **290** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **2,126** people were reached with information on accessing healthy foods.
- **267** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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

