



CUMBERLAND COUNTY
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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

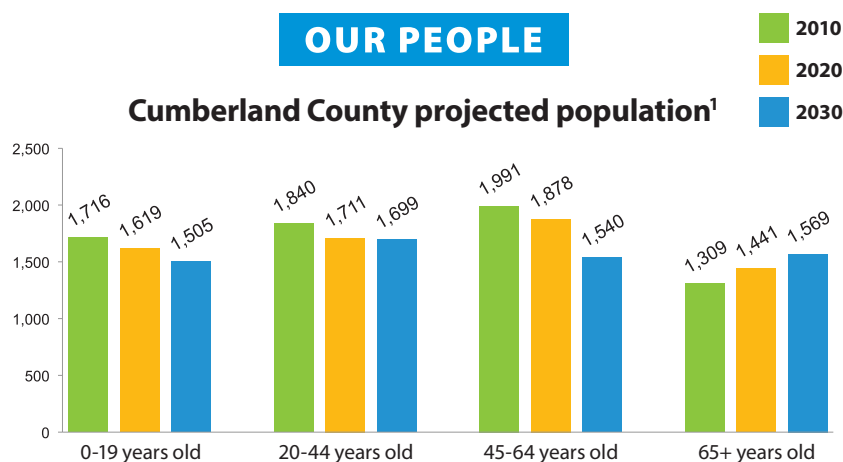
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Cumberland County. To help families make wise decisions, our educational programs focus on:

- **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 **14,399** contacts with Cumberland County individuals and families.²

OUR PEOPLE

Cumberland County projected population¹



SPOTLIGHT ON ...

WEIGHT LOSS WARS

According to the Kentucky Institute of Health, Cumberland County has one of the state's highest rates of obesity. In response, the Cumberland County Cooperative Extension Service offered a healthy lifestyle program to promote attaining a healthy weight. Cumberland and Clinton counties worked together to initiate "Weight Loss Wars," a cross-county program capitalizing on the spirit of rivalry and competition to encourage healthy weight loss. The program focused on nutrition and healthy eating topics. While 40 participants initially enrolled, 25 participants completed the program. Cumberland County participants cumulatively lost 190.2 pounds, a 3.5 percent weight loss. The individual losing the most weight lost 25.4 pounds, a 12.1 percent weight loss. Even after the competition ended, participants continued weekly meetings and nutrition lessons and lost another 151.4 pounds.

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

FAMILY ACCESS

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

- **34.2%** (+/- 12.5) of families with children were below poverty
- **19.2%** (+/- 7.5) of those ages 65 and over were below poverty
- **18.5%** (+/- 4.2) of households had retirement income
- **5.8%** (+/- 1.9) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Cumberland County had **136** people, **29** children and **30** seniors with low access to a supermarket or large grocery store.*

In addition, **87** residents had **both** low income **and** low access to stores.

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

- **265** people increased knowledge of economic and enterprise development.
- **50** people utilized healthy food delivery systems and access points.
- **315** people are ready to enter the work force.

COMMUNITY AVAILABILITY

In 2011, Cumberland County had:

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

In the county, there were:

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

In 2011, there were **\$121,296.98** in SNAP redemptions/per SNAP authorized store in Cumberland County.⁴

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

- **300** people increased knowledge of healthy food consumption.
- **400** people increased knowledge of safe storage, handling, and preparation of food.
- **154** people increased knowledge of lifestyle changes to improve personal health.

FOOD ASSISTANCE

In Cumberland County...

- **596** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **493** children in 2007 (**up 20.9%**).⁹
- **71.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **935** SNAP cases and the monthly SNAP benefit level was **\$233.94**.⁸

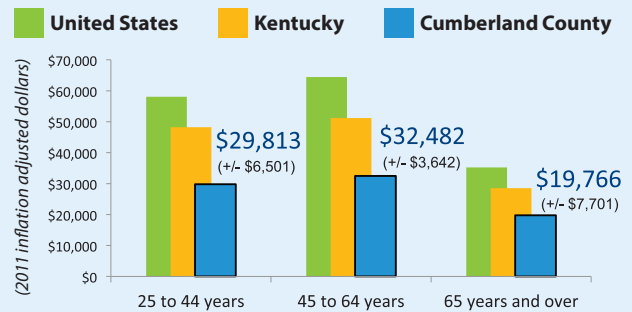
Cumberland County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

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

- **40** people adopted practices to increase food access and affordability.
- **100** families/caregivers reported eating more healthy foods.
- **700** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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