



## FRANKLIN COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

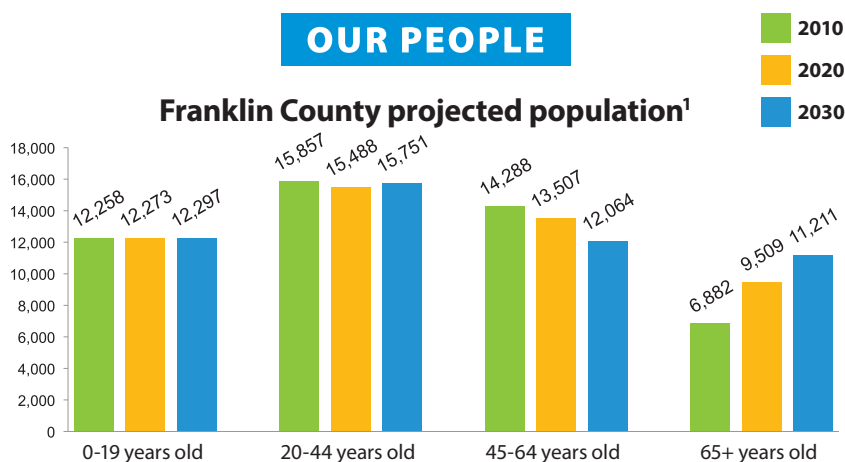
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Franklin County. To help families make wise decisions, our educational programs focus on:

- **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 **5,973** contacts with Franklin County individuals and families.<sup>2</sup>

### OUR PEOPLE

Franklin County projected population<sup>1</sup>



### SPOTLIGHT ON ...

## DIABETES SELF-MANAGEMENT

**D**iabetes is a growing problem in Kentucky. The Franklin County Cooperative Extension Service is actively encouraging diabetes management by providing the 10-week "Taking Ownership of Your Diabetes" curriculum. Participants reported ongoing challenges with food selection and diabetes management. Most indicated they try to manage the disease, but that taking a different class helped refresh what they needed to do to gain control. Some were not checking blood sugars regularly and had not seen a podiatrist or nutritionist. Local physicians addressed the importance of routine foot care, eye care, and heart disease. One participant wrote that the classes were informative, the group interaction was invaluable, and that she has better managed the disease as a result.

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

## FAMILY ACCESS

According to the 2007-2011 American Community Survey,<sup>3</sup> in Franklin County...

- **20.8%** (+/- 4.2) of families with children were below poverty
- **7.1%** (+/- 2.1) of those ages 65 and over were below poverty
- **29.5%** (+/- 1.5) of households had retirement income
- **5.9%** (+/- 1.2) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Franklin County had **11,399** people, **2,585** children and **1,424** seniors with low access to a supermarket or large grocery store.\*

In addition, **3,934** residents had **both** low income **and** low access to stores.

### As a result of participating in Franklin County Extension programs:<sup>2</sup>

- **793** people demonstrated an increase in practical living skills.
- **183** people increased leadership knowledge and skills.
- **124** people are ready to enter the work force.

## COMMUNITY AVAILABILITY

In 2011, Franklin County had:

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

In the county, there were:

- **9** Roadside markets that served the county<sup>6</sup>
- **1** Farmers market location<sup>7</sup>
- **53** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **8** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$281,682.47** in SNAP redemptions/per SNAP authorized store in Franklin County.<sup>4</sup>

### As a result of participating in Franklin County Extension programs:<sup>2</sup>

- **958** people made lifestyle changes to improve health.
- **300** people implemented practices for safe storage, handling, and preparation of food.
- **633** people increased knowledge of healthy food consumption.

## FOOD ASSISTANCE

In Franklin County...

- **3,289** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **2,239** children in 2007 (**up 46.9%**).<sup>9</sup>
- **50.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **4,445** SNAP cases and the monthly SNAP benefit level was **\$271.94**.<sup>8</sup>

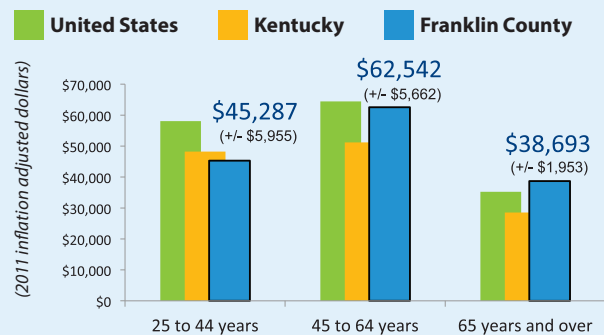
Franklin County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

### As a result of participating in Franklin County Extension programs:<sup>2</sup>

- **39** people supplemented their diets with healthy foods they produced or preserved.
- **889** youth increased their knowledge of healthy food consumption.
- **883** youth reported eating more healthy foods.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Franklin County (2007-2011)<sup>3</sup>



#### SOURCES

- <sup>1</sup> Kentucky State Data Center
- <sup>2</sup> Kentucky Cooperative Extension Service Reporting, FY 2013
- <sup>3</sup> 2007-2011 American Community Survey, 5-Year Estimates
- <sup>4</sup> USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- <sup>5</sup> US Dept of Commerce, County Business Patterns, 2011.
- <sup>6</sup> Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- <sup>7</sup> Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- <sup>8</sup> Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. [http://chfs.ky.gov/dcbcs/data\\_book.htm](http://chfs.ky.gov/dcbcs/data_book.htm)
- <sup>9</sup> Kids Count Data Center, KY Youth Advocates.
- <sup>10</sup> 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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