



FULTON COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

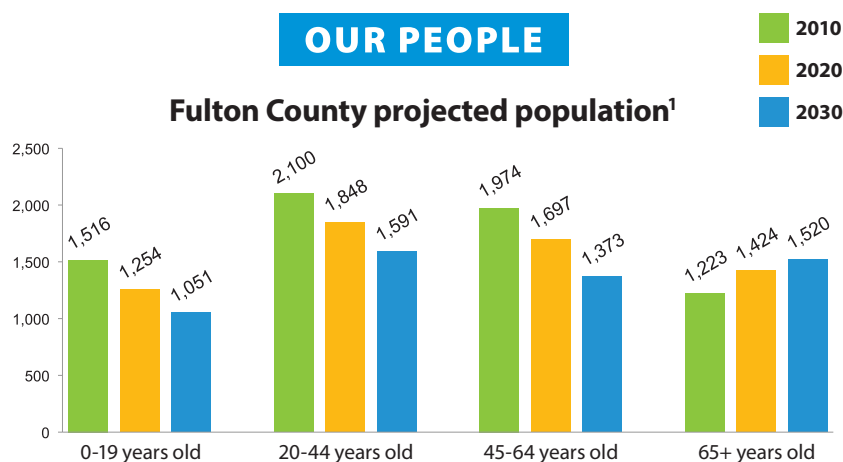
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Fulton County. To help families make wise decisions, our educational programs focus on:

- **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 **7,963** contacts with Fulton County individuals and families.²

OUR PEOPLE

Fulton County projected population¹



SPOTLIGHT ON ...

GET MOVING FULTON COUNTY

Lifestyle and behavioral risk factors contribute greatly to the onset of the chronic diseases, the leading causes of death for Kentuckians. Kentucky Institute of Medicine states that Fulton County ranks 111 out of 120 counties in the state with risk for diabetes, obesity and various cancers. Many people are so busy they do not make time for physical activity. The Get Moving Fulton County program provided participants with support, education, accountability, and motivation to get started on their healthy goals. Participants weighed in weekly for 10 weeks. The FCS agent partnered with a physical therapist, registered dietitian, nutritionist, and certified diabetes educator to teach educational lessons. Through the program, 45 individuals participated on 15 teams and lost 625 pounds cumulatively.

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

FAMILY ACCESS

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

- **38.6%** (+/- 9.4) of families with children were below poverty
- **13.2%** (+/- 5.9) of those ages 65 and over were below poverty
- **20.5%** (+/- 3.6) of households had retirement income
- **9.6%** (+/- 3.0) of households had no vehicle

The Food Environment Atlas indicates that in 2010, Fulton county had **85** households with no vehicle and low access to a supermarket or large grocery store.

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

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

COMMUNITY AVAILABILITY

In 2011, Fulton County had:

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

In the county, there were:

- **1** Roadside market that served the county⁶
- **0** Farmers market locations⁷
- **11** SNAP** authorized stores (food stamps)⁴
- **5** WIC*** authorized stores⁴

In 2011, there were **\$439,713.66** in SNAP redemptions/per SNAP authorized store in Fulton County.⁴

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

- **205** families spent time together in physical activity.
- **225** people implemented practices for safe storage, handling, and preparation of food.
- **338** people reported eating more healthy foods.

FOOD ASSISTANCE

In Fulton County...

- **704** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **630** children in 2007 (**up 11.7%**).⁹
- **80.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,110** SNAP cases and the monthly SNAP benefit level was **\$222.75**.⁸

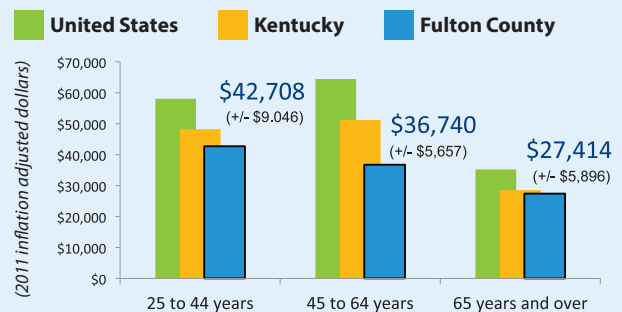
Fulton County is served by Purchase Area Development District Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **237** people adopted practices to increase food access and affordability.
- **900** youth were reached with information on eating healthy foods.
- **650** youth reported eating more healthy foods.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Fulton 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>
- ** Supplemental Nutrition Assistance Program
*** The Special Supplemental Nutrition Program for Women, Infants and Children