Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Gallatin 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 5,650 contacts with Gallatin County individuals and families.

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Americans have become more reliant on food prepared away from home, resulting in bigger portions and fewer vegetables, fruits, beans, and whole grains in their diets. Simply put, this problem increases the risk for obesity, cancer, heart disease, and other chronic ills that plague Americans (Tufts University, 2004). The Gallatin County FCS program reached 187 individuals with 10 sessions of "Plate It Up! Kentucky Proud" Fruits and Vegetables. Post-program evaluations indicated: 78 percent changed behavior by switching to smaller portions; 76 percent tried to follow the My Plate recommendations; 75 percent used a recipe they tasted featuring local fruits and vegetables; 42 percent regularly ate more fruits and vegetables; and 55 percent tried to make more purchases locally since the lesson.

http://hes.uky.edu/StrongFamilies
According to the 2007-2011 American Community Survey, in Gallatin County…

- **21.3% (+/- 6.5)** of families with children were below poverty
- **19.8% (+/- 11.4)** of those ages 65 and over were below poverty
- **14.6% (+/- 5.0)** of households had retirement income
- **5.9% (+/- 2.7)** of households had no vehicle

The Food Environment Atlas indicates that in 2010, Gallatin County had **140** households with no vehicle and low access to a supermarket or large grocery store.

**Food Assistance**

In Gallatin County…

- **800** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **521** children in 2007 (up 53.6%).
- **68.0%** of students attending public schools were eligible for free or reduced-price meals.
- There were **833** SNAP cases and the monthly SNAP benefit level was **$299.82**.

Gallatin County is served by Freestore Foodbank of the Ky. Assoc. of Food Banks.

**Community Availability**

In 2011, Gallatin County had:

- **4** Grocery stores (any kind)
  - 1 Grocery/supermarket (except convenience)
  - 3 Convenience stores (i.e. food marts – no gas)
- **6** Gasoline stations with convenience stores

In the county, there were:

- **3** Roadside markets that served the county
- **1** Farmers market location
- **13** SNAP** authorized stores (food stamps)
- **5** WIC*** authorized stores

In 2011, there were **$92,200.11** in SNAP redemptions/per SNAP authorized store in Gallatin County.

**As a result of participating in Gallatin County Extension programs:**

- 156 people demonstrated an increase in practical living skills.
- 103 people utilized healthy food delivery systems and access points.
- 111 people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

**Household Income**

Median household income in past 12 months by age of householder in Gallatin County (2007-2011)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>United States</th>
<th>Kentucky</th>
<th>Gallatin County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$67,946</td>
<td>$42,473</td>
<td>$23,090</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td>$50,000</td>
<td>$33,752</td>
<td>$20,752</td>
</tr>
<tr>
<td>65 years and over</td>
<td>$37,499</td>
<td>$28,252</td>
<td>$16,252</td>
</tr>
</tbody>
</table>

**Sources:**

1. Kentucky State Data Center
2. Kentucky Cooperative Extension Service Reporting, FY 2013
3. 2007-2011 American Community Survey, 5-Year Estimates
11. Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
12. Supplemental Nutrition Assistance Program
13. The Special Supplemental Nutrition Program for Women, Infants and Children

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.