



## GALLATIN COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

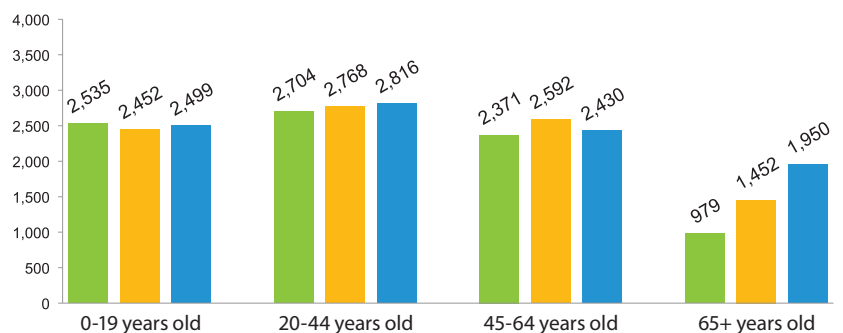
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Gallatin County. To help families make wise decisions, our educational programs focus on:

- **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.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## PLATE IT UP! KENTUCKY PROUD

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 illnesses 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>

## FAMILY ACCESS

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

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

- **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.

## COMMUNITY AVAILABILITY

In 2011, Gallatin County had:

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

In the county, there were:

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

In 2011, there were **\$92,200.11** in SNAP redemptions/per SNAP authorized store in Gallatin County.<sup>4</sup>

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

- **1,400** people increased knowledge of lifestyle changes to improve personal health.
- **250** people increased knowledge of safe storage, handling, and preparation of food.
- **446** people reported eating more healthy foods.

## 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%**).<sup>9</sup>
- **68.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **833** SNAP cases and the monthly SNAP benefit level was **\$299.82**.<sup>8</sup>

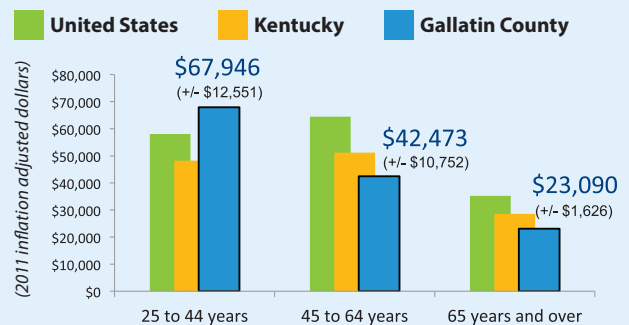
Gallatin County is served by Freestore Foodbank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **40** people adopted practices to increase food access and affordability.
- **1,450** people were reached with information on eating healthy foods.
- **900** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

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