Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Graves 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 6,010 contacts with Graves County individuals and families.

**GRAVES COUNTY**
Virginia Langford,
County Extension Agent, Family and Consumer Sciences

**BUILDING STRONG FAMILIES FOR KENTUCKY 2014**

**OUR FOCUS**

**OUR PEOPLE**

Graves County projected population¹

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19 years old</td>
<td>9,946</td>
<td>9,782</td>
<td>9,643</td>
</tr>
<tr>
<td>20-44 years old</td>
<td>10,086</td>
<td>10,171</td>
<td>10,257</td>
</tr>
<tr>
<td>45-64 years old</td>
<td>10,042</td>
<td>9,964</td>
<td>9,345</td>
</tr>
<tr>
<td>65+ years old</td>
<td>6,146</td>
<td>7,342</td>
<td>8,370</td>
</tr>
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</table>

**SPOTLIGHT ON ...**

**PARENTING**

The Graves County FCS agent partnered with the adult education coordinator and the liaison for court-ordered parenting classes in Graves County to provide 13 night sessions for parents who have temporarily “lost” their children due to such things as drug use. The court requires that the parents attend a series of parenting education classes with topics such as drug awareness, behavior/discipline, financial management, nutrition, and house cleaning. Participants used University of Kentucky information and other extension publications as resources and talking points. The court liaison reported that 50 percent of the parents had their parenting privileges restored and that the parenting classes they received through FCS extension were instrumental in their success.

http://hes.uky.edu/StrongFamilies

¹ Source: U.S. Census Bureau

http://hes.uky.edu/StrongFamilies

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http://hes.uky.edu/StrongFamilies
In Graves County…

• 2,671 was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 2,126 children in 2007 (up 25.6%).

• 61.0% of students attending public schools were eligible for free or reduced-price meals.

• There were 3,294 SNAP cases and the monthly SNAP benefit level was $264.41.

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

As a result of participating in Graves County Extension programs:

• 1,300 people demonstrated an increase in practical living skills.

• 225 people utilized healthy food delivery systems and access points.

• 125 people were involved in addressing community issues.

As a result of participating in Graves County Extension programs:

• 580 people increased knowledge of safe storage, handling, and preparation of food.

• 450 families spent time together in physical activity.

• 600 people reported eating more healthy foods.

COMMUNITY AVAILABILITY

In 2011, Graves County had:

• 4 Grocery stores (any kind)

• 4 Grocery/supermarkets (except convenience)

• 0 Convenience stores (i.e. food marts – no gas)

• 20 Gasoline stations with convenience stores

In the county, there were:

• 1 Roadside market that served the county

• 2 Farmers market locations

• 29 SNAP** authorized stores

• 10 WIC*** authorized stores

In 2011, there were $308,377.51 in SNAP redemptions/per SNAP authorized store in Graves County.

As a result of participating in Graves County Extension programs:

• 73 people adopted practices to increase food access and affordability.

• 1,800 people were reached with information on accessing healthy foods.

• 1,125 youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>United States</th>
<th>Kentucky</th>
<th>Graves County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$42,404</td>
<td>$43,112</td>
<td>$26,481</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td>(-/- $4,920)</td>
<td>(+/- $4,494)</td>
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</tr>
<tr>
<td>65 years and over</td>
<td>$43,112</td>
<td>($7,736)</td>
<td></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

data-products/food-environment-atlas.aspx


* 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