



## GRAYSON COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

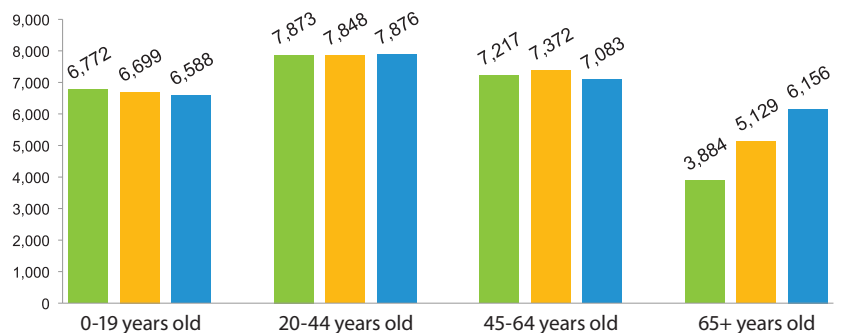
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Grayson County. To help families make wise decisions, our educational programs focus on:

- **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 **6,409** contacts with Grayson County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## GET IT OFF GRAYSON COUNTY

In Grayson County, 71 percent of adults are considered overweight and 29 percent are considered obese (Kentucky Health Facts). The Grayson County Extension Office, in collaboration with the health department and a local Zumba instructor, launched a weight loss challenge, "Get It Off Grayson County." Forty-nine individuals actively participated in the nutrition and exercise program throughout the 11 weeks. At its conclusion, 20 participated in the final weigh-in, revealing a cumulative weight loss of 519.5 pounds. Some individuals lost 40 and 50 pounds and credited the program with their motivation to lose the weight. All reported experiencing weight loss during the program and found the nutrition lessons to be beneficial. All participants indicated that they have increased their physical activity since beginning the program.

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

## FAMILY ACCESS

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

- **29.4%** (+/- 4.8) of families with children were below poverty
- **16.2%** (+/- 4.4) of those ages 65 and over were below poverty
- **19.5%** (+/- 2.2) of households had retirement income
- **7.8%** (+/- 2.1) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Grayson County had **5,883** people, **1,352** children and **970** seniors with low access to a supermarket or large grocery store.\*

In addition, **2,831** residents had **both** low income **and** low access to stores.

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

- **1,071** people demonstrated an increase in practical living skills.
- **152** people utilized healthy food delivery systems and access points.
- **146** people increased leadership knowledge and skills.

## COMMUNITY AVAILABILITY

In 2011, Grayson County had:

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

In the county, there were:

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

In 2011, there were **\$198,615.45** in SNAP redemptions/per SNAP authorized store in Grayson County.<sup>4</sup>

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

- **95** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **1,623** people increased knowledge of lifestyle changes to improve personal health.
- **324** families spent time together in physical activity.

## FOOD ASSISTANCE

In Grayson County...

- **2,180** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **1,642** children in 2007 (**up 32.8%**).<sup>9</sup>
- **69.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **2,984** SNAP cases and the monthly SNAP benefit level was **\$247.08**.<sup>8</sup>

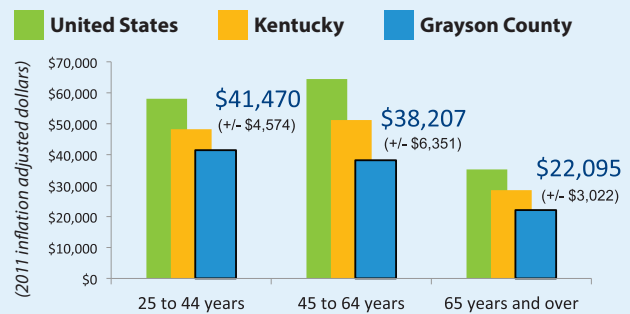
Grayson County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **1,595** people increased knowledge of healthy food consumption.
- **1,625** people were reached with information on accessing healthy foods.
- **682** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Grayson 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/dcb/dcb\\_data\\_book.htm](http://chfs.ky.gov/dcb/dcb_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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