



## HART COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

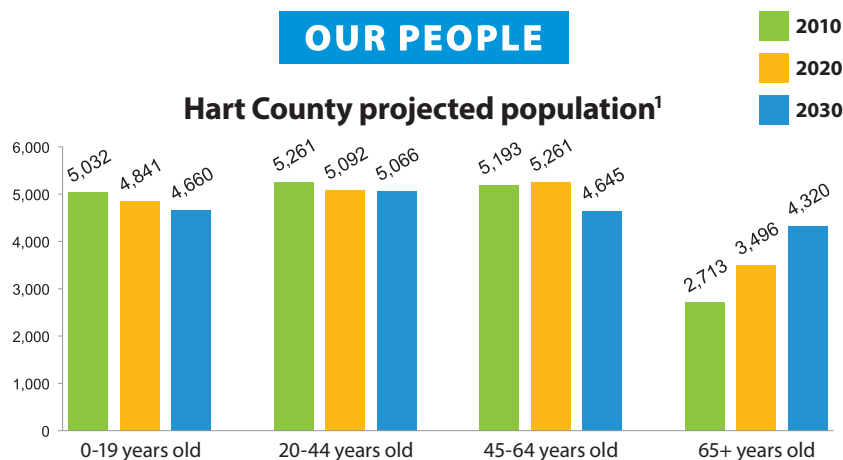
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Hart County. To help families make wise decisions, our educational programs focus on:

- **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 **20,060** contacts with Hart County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## HART COUNTY FARMERS MARKET

The Hart County Farmers Market is in the eighth season and continues to grow. Completion of a new pavilion/structure near the county's Extension office has added vendors to the market. With the help of the Hart County Chamber of Commerce director and the FCS agent, 19 families completed the Home-Based Processors or Microprocessors training and approval required to sell farm-grown products. Extension staff worked with the Kentucky Department of Agriculture and Abundance of Hart to secure and distribute \$11,000 in senior coupons for the 2013 season, with an 89 percent redemption rate. The market also accepted WIC farmers market coupons, with a 35 percent redemption rate in 2011. This new clientele put additional dollars in the vendor's pockets, making it a win-win for our county.

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

## FAMILY ACCESS

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

- **31.8%** (+/- 6.1) of families with children were below poverty
- **23.4%** (+/- 5.5) of those ages 65 and over were below poverty
- **21.1%** (+/- 2.7) of households had retirement income
- **9.3%** (+/- 1.5) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Hart County had **1,719** people, **426** children and **327** seniors with low access to a supermarket or large grocery store.\*

In addition, **785** residents had **both** low income **and** low access to stores.

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

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

## COMMUNITY AVAILABILITY

In 2011, Hart County had:

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

In the county, there were:

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

In 2011, there were **\$127,342.54** in SNAP redemptions/per SNAP authorized store in Hart County.<sup>4</sup>

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

- **60** people made lifestyle changes to improve health.
- **100** people implemented practices for safe storage, handling, and preparation of food.
- **120** people reported eating more healthy foods.

## FOOD ASSISTANCE

In Hart County...

- **1,397** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **1,189** children in 2007 (**up 17.5%**).<sup>9</sup>
- **64.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **1,988** SNAP cases and the monthly SNAP benefit level was **\$260.42**.<sup>8</sup>

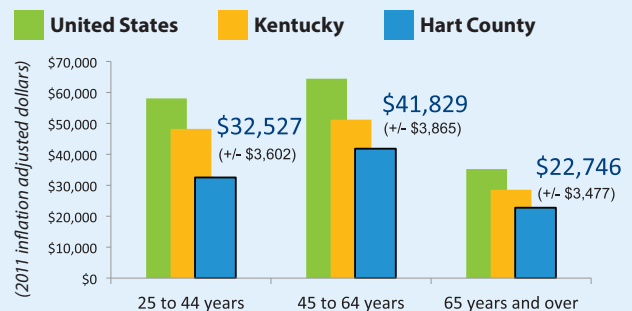
Hart County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **100** people supplemented their diets with healthy foods they produced or preserved.
- **650** families/caregivers were reached with information on accessing healthy foods.
- **500** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Hart 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>
- \*\* 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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