



## HENDERSON COUNTY

Amanda Hardy,  
County Extension Agent, Family and Consumer Sciences

# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

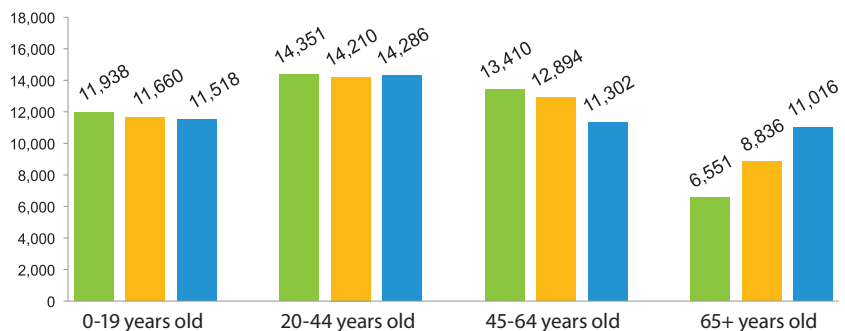
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Henderson County. To help families make wise decisions, our educational programs focus on:

- **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 **3,049** contacts with Henderson County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## PLATE IT UP! KENTUCKY PROUD

To promote Kentucky's diverse agriculture and educate the public on making healthy choices and accessing nutritious foods, Family and Consumer Sciences agents in the Henderson County area teamed up to bring "Plate It Up! Kentucky Proud" information to two events. The Ag Expo in Owensboro drew more than 300 participants and the Henderson Oval Kitchen tour drew approximately 150 people. Attendees watched Family and Consumer Sciences agents prepare nutritious recipes using Kentucky foods and tasted the resulting dish. The evaluation testimonials revealed that participants used previously distributed recipes and reported plans for future use. All attendees realized how easy the "Plate It Up! Kentucky Proud" recipes are and the importance of shopping locally.

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

## FAMILY ACCESS

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

- **19.7%** (+/- 3.4) of families with children were below poverty
- **10.4%** (+/- 2.4) of those ages 65 and over were below poverty
- **18.7%** (+/- 1.7) of households had retirement income
- **8.1%** (+/- 1.2) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Henderson County had **4,508** people, **1,096** children and **596** seniors with low access to a supermarket or large grocery store.\*

In addition, **1,422** residents had **both** low income **and** low access to stores.

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

- **403** people are ready to enter the work force.
- **55** people utilized healthy food delivery systems and access points.
- **106** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Henderson County had:

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

In the county, there were:

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

In 2011, there were **\$392,620.51** in SNAP redemptions/per SNAP authorized store in Henderson County.<sup>4</sup>

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

- **280** people increased knowledge of healthy food consumption.
- **251** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **400** people increased knowledge of lifestyle changes to improve personal health.

## FOOD ASSISTANCE

In Henderson County...

- **3,332** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **2,534** children in 2007 (**up 31.5%**).<sup>9</sup>
- **55.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **4,302** SNAP cases and the monthly SNAP benefit level was **\$268.79**.<sup>8</sup>

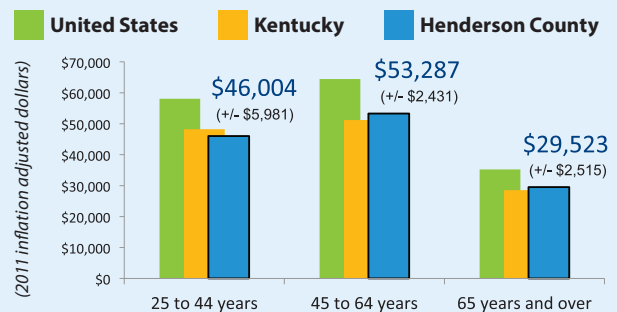
Henderson County is served by Tri-State Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **105** people adopted practices to increase food access and affordability.
- **100** people supplemented their diets with healthy foods they produced or preserved.
- **1,050** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Henderson 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