HENDERSON 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 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.²

http://hes.uky.edu/StrongFamilies

OUR PEOPLE

Henderson 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>11,938</td>
<td>11,660</td>
<td>11,518</td>
</tr>
<tr>
<td>20-44 years old</td>
<td>14,251</td>
<td>14,210</td>
<td>14,266</td>
</tr>
<tr>
<td>45-64 years old</td>
<td>13,410</td>
<td>12,894</td>
<td>11,902</td>
</tr>
<tr>
<td>65+ years old</td>
<td>6,651</td>
<td>8,656</td>
<td>11,016</td>
</tr>
</tbody>
</table>

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.
According to the 2007-2011 American Community Survey, 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 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:

• 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.

In 2011, Henderson County had:

• 11 Grocery stores (any kind)
• 8 Grocery/supermarkets (except convenience)
• 3 Convenience stores (i.e. food marts – no gas)
• 22 Gasoline stations with convenience stores

In the county, there were:

• 2 Roadside markets that served the county
• 1 Farmers market location
• 44 SNAP** authorized stores (food stamps)
• 7 WIC*** authorized stores

In 2011, there were $392,620.51 in SNAP redemptions/per SNAP authorized store in Henderson County.

As a result of participating in Henderson County Extension programs:

• 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.