Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Henry 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 15,779 contacts with Henry County individuals and families.

**OUR PEOPLE**

Henry County projected population¹

<table>
<thead>
<tr>
<th>Age</th>
<th>2010</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19 years old</td>
<td>4,180</td>
<td>4,032</td>
<td>3,983</td>
</tr>
<tr>
<td>20-44 years old</td>
<td>4,468</td>
<td>4,354</td>
<td>4,559</td>
</tr>
<tr>
<td>45-64 years old</td>
<td>4,078</td>
<td>4,515</td>
<td>3,867</td>
</tr>
<tr>
<td>65+ years old</td>
<td>2,190</td>
<td>3,014</td>
<td>3,721</td>
</tr>
</tbody>
</table>

**SPOTLIGHT ON ...**

**LIVING WELL**

During a five-year period in Henry County, 104 seniors over the age of 65 were injured in a fall; five of those died and 61 were admitted to skilled nursing for restorative care. The associated cost of such falls is predicted to be about $54 billion by 2020. The Henry County Extension Service provided "A Matter of Balance" fall prevention program, the "Living Well - More than a Cookbook" curriculum, and the AARP Driver Safety Course in an effort to lessen the impact of this problem. Thirty individuals met about 50 times over the year to give participants a leg up on fall prevention and fall recovery regardless of age, ability, or condition and focus on prevention as a major strategy to reduce health care costs.

http://hes.uky.edu/StrongFamilies
According to the 2007-2011 American Community Survey, in Henry County…

- **28.2% (+/- 5.4)** of families with children were below poverty
- **12.0% (+/- 3.7)** of those ages 65 and over were below poverty
- **24.5% (+/- 2.7)** of households had retirement income
- **7.3% (+/- 1.9)** of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Henry County had 1,282 people, 310 children and 171 seniors with low access to a supermarket or large grocery store.

In addition, 424 residents had both low income and low access to stores.

As a result of participating in Henry County Extension programs:

- **165** people demonstrated an increase in practical living skills.
- **69** people increased leadership knowledge and skills.
- **128** people were involved in addressing community issues.

FAMILY ACCESS

In 2011, Henry County had:

- **4** Grocery stores (any kind)
  - **3** Grocery/supermarkets (except convenience)
  - **1** Convenience store (i.e. food marts – no gas)
- **9** Gasoline stations with convenience stores

In the county, there were:

- **9** Roadside markets that served the county
- **3** Farmers market locations
- **16** SNAP** authorized stores (food stamps)
- **3** WIC*** authorized stores

In 2011, there were $80,589.33 in SNAP redemptions/per SNAP authorized store in Henry County.

COMMUNITY AVAILABILITY

- **20** people supplemented their diets with healthy foods they produced or preserved.
- **1,200** people were reached with information on eating healthy foods.
- **750** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>United States</th>
<th>Kentucky</th>
<th>Henry County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$48,237 (+/- $5,676)</td>
<td>$46,692 (+/- $6,168)</td>
<td>$32,926 (+/- $6,318)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65 years and over</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**As a result of participating in Henry County Extension programs:**

- **110** people made lifestyle changes to improve health.
- **610** people increased knowledge of healthy food consumption.
- **270** people reached with information on accessing healthy foods.

FOOD ASSISTANCE

In Henry County:

- **1,083** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **807** children in 2007 (up **34.2%**).
- **56.0%** of students attending public schools were eligible for free or reduced-price meals.
- There were **1,222** SNAP cases and the monthly SNAP benefit level was **$287.00**.

Henry County is served by Dare to Care Food Bank of the Ky. Assoc. of Food Banks.

As a result of participating in Henry County Extension programs:

- **165** people demonstrated an increase in practical living skills.
- **69** people increased leadership knowledge and skills.
- **128** people were involved in addressing community issues.

**SOURCES**

1. Kentucky State Data Center
2. Kentucky Cooperative Extension Service Reporting, FY 2013
3. 2007-2011 American Community Survey, 5-Year Estimates

*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