Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Hickman 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 10,122 contacts with Hickman County individuals and families.

Nutrition, physical activity, and literacy education are increasing needs in every community in Kentucky. To address the needs, Hickman County adopted Literacy, Eating and Activity for Preschoolers (LEAP) program as an ongoing initiative. Ninety Head Start preschoolers and 75 kindergartners completed at least eight sessions of the curriculum. Post lesson observations concluded that 165 students tasted a new fruit or vegetable during the program; 140 students would try the fruit or vegetable again at home; and 162 students left the sessions knowing at least one good health habit and benefit of exercise and fruit and vegetable consumption.

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

- **20.7% (+/- 9.0)** of families with children were below poverty
- **10.0% (+/- 6.0)** of those ages 65 and over were below poverty
- **25.6% (+/- 5.3)** of households had retirement income
- **10.9% (+/- 3.6)** of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Hickman County had **159** people, **33** children and **36** seniors with low access to a supermarket or large grocery store.*

In addition, **61** residents had **both** low income and **low access to stores.**

### FAMILY ACCESS

As a result of participating in Hickman County Extension programs:

- **340** people demonstrated an increase in practical living skills.
- **53** people increased leadership knowledge and skills.
- **86** people were involved in addressing community issues.

### COMMUNITY AVAILABILITY

In 2011, Hickman County had:

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

In the county, there were:

- **1** Roadside market that served the county
- **0** Farmers market locations
- **3** SNAP** authorized stores (food stamps)
- **1** WIC*** authorized store

In 2008, there were **$60,967** in SNAP redemptions per SNAP authorized store in Hickman County.**

As a result of participating in Hickman County Extension programs:

- **520** people increased knowledge of safe storage, handling, and preparation of food.
- **252** people increased knowledge of lifestyle changes to improve personal health.
- **196** people reported eating more healthy foods.

### HOUSEHOLD INCOME

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

<table>
<thead>
<tr>
<th></th>
<th>United States</th>
<th>Kentucky</th>
<th>Hickman County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 64 years</td>
<td>~$47,757 (+/- $18,050)</td>
<td>~$41,849 (+/- $7,876)</td>
<td>~$29,075 (+/- $6,411)</td>
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<tr>
<td>65 years and over</td>
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</tbody>
</table>

**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

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Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.