



HICKMAN COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

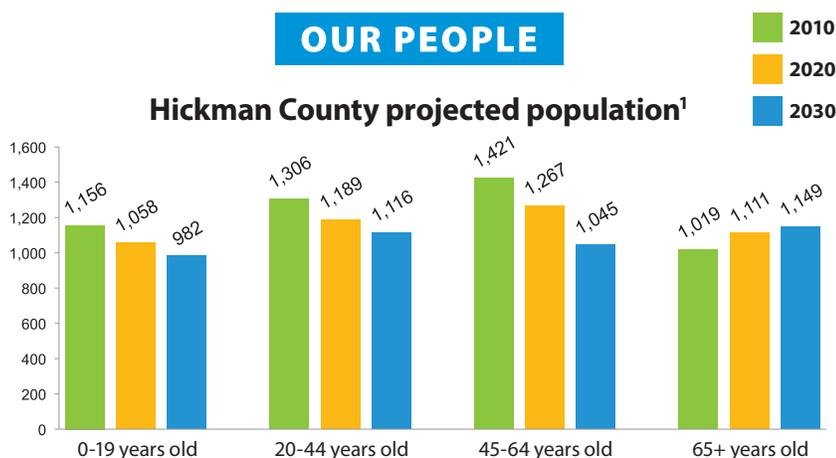
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Hickman County. To help families make wise decisions, our educational programs focus on:

- **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.²

OUR PEOPLE

Hickman County projected population¹



SPOTLIGHT ON ...

LITERACY, EATING, AND ACTIVITY FOR PRESCHOOLERS

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>

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ 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 Atlas⁴ 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.

As a result of participating in Hickman County Extension programs:²

- **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)⁵
 - **2** Grocery/supermarkets (except convenience)⁵
 - **0** Convenience stores (i.e. food marts – no gas)⁵
- **4** Gasoline stations with convenience stores⁵

In the county, there were:

- **1** Roadside market that served the county⁶
- **0** Farmers market locations⁷
- **3** SNAP** authorized stores (food stamps)⁴
- **1** WIC*** authorized store⁴

In 2008, there were **\$60,967** in SNAP redemptions per SNAP authorized store in Hickman County.⁴

As a result of participating in Hickman County Extension programs:²

- **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.

FOOD ASSISTANCE

In Hickman County...

- **296** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **244** children in 2007 (**up 21.3%**).⁹
- **67.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **460** SNAP cases and the monthly SNAP benefit level was **\$240.68**.⁸

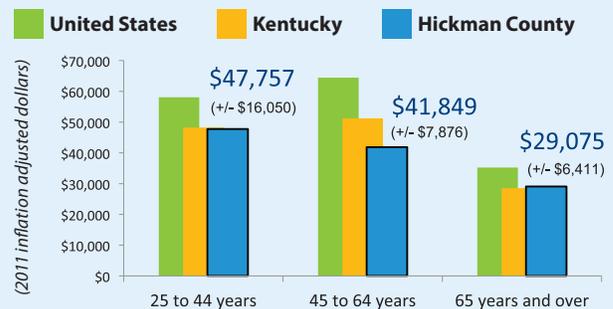
Hickman County is served by Purchase Area Development District Food Bank of the Ky. Assoc. of Food Banks.¹⁰

As a result of participating in Hickman County Extension programs:²

- **46** people in Plate it Up! Kentucky Proud indicated they are more likely to buy produce.
- **525** people were reached with information on accessing healthy foods.
- **732** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Hickman County (2007-2011)³



SOURCES

- ¹ Kentucky State Data Center
- ² Kentucky Cooperative Extension Service Reporting, FY 2013
- ³ 2007-2011 American Community Survey, 5-Year Estimates
- ⁴ USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- ⁵ US Dept of Commerce, County Business Patterns, 2011.
- ⁶ Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- ⁷ Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- ⁸ Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. http://chfs.ky.gov/dcb/dcb_data_book.htm
- ⁹ Kids Count Data Center, KY Youth Advocates.
- ¹⁰ 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