



## HOPKINS COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

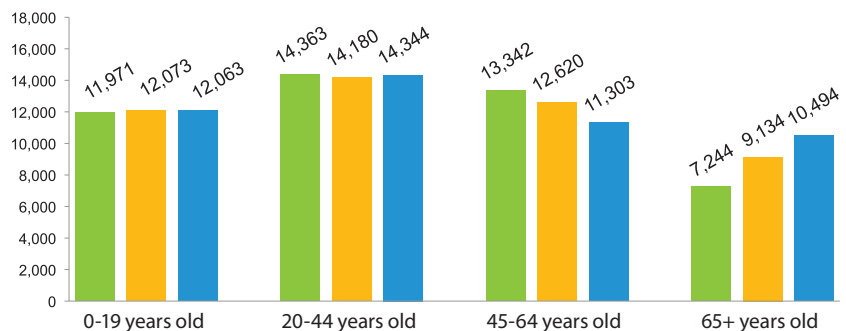
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Hopkins County. To help families make wise decisions, our educational programs focus on:

- **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 **10,899** contacts with Hopkins County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## HOLIDAY COOKING SCHOOL

In November 2012, the Hopkins County FCS staff and community volunteers hosted a holiday cooking school for limited-resource families. The program featured low-cost recipes, ways to incorporate fruit and vegetables in the diet, and tips for successful holiday baking. Families in attendance received credit from the local Family Resource and Youth Services Coalition for holiday food and clothing gift assistance. Thirty-five parents and seven students will receive almost \$3,500 in assistance this holiday season as a result of their participation in the program. Ninety percent of those in attendance indicated they would incorporate more vegetables in the diet by preparing the recipes for their families, and 75 percent said they liked having low-cost, easy-to-prepare recipes in place of purchased packaged foods.

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

## FAMILY ACCESS

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

- **27.8%** (+/- 3.8) of families with children were below poverty
- **10.5%** (+/- 2.4) of those ages 65 and over were below poverty
- **19.5%** (+/- 1.4) of households had retirement income
- **6.8%** (+/- 1.1) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Hopkins County had **7,809** people, **1,827** children and **1,211** seniors with low access to a supermarket or large grocery store.\*

In addition, **2,819** residents had **both** low income **and** low access to stores.

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

- **705** people demonstrated an increase in practical living skills.
- **150** people utilized healthy food delivery systems and access points.
- **300** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

## COMMUNITY AVAILABILITY

In 2011, Hopkins County had:

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

In the county, there were:

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

In 2011, there were **\$259,993.22** in SNAP redemptions/per SNAP authorized store in Hopkins County.<sup>4</sup>

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

- **165** people increased knowledge of safe storage, handling, and preparation of food.
- **821** people increased knowledge of healthy food consumption.
- **1,311** people increased knowledge of lifestyle changes to improve personal health.

## FOOD ASSISTANCE

In Hopkins County...

- **3,519** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **2,900** children in 2007 (**up 21.3%**).<sup>9</sup>
- **55.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **4,470** SNAP cases and the monthly SNAP benefit level was **\$265.53**.<sup>8</sup>

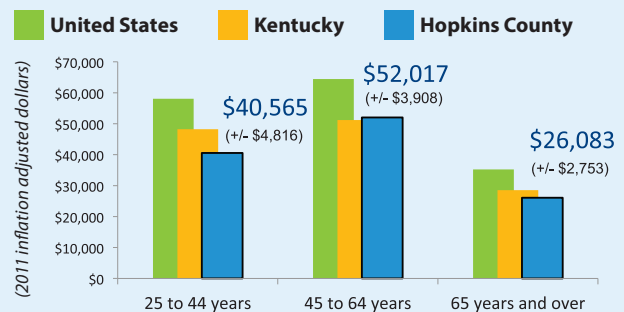
Hopkins County is served by Tri-State Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **155** people supplemented their diets with healthy foods they produced or preserved.
- **1,411** people were reached with information on eating healthy foods.
- **2,811** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Hopkins 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/dcb/dcb\\_data\\_book.htm](http://chfs.ky.gov/dcb/dcb_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