



JEFFERSON COUNTY
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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

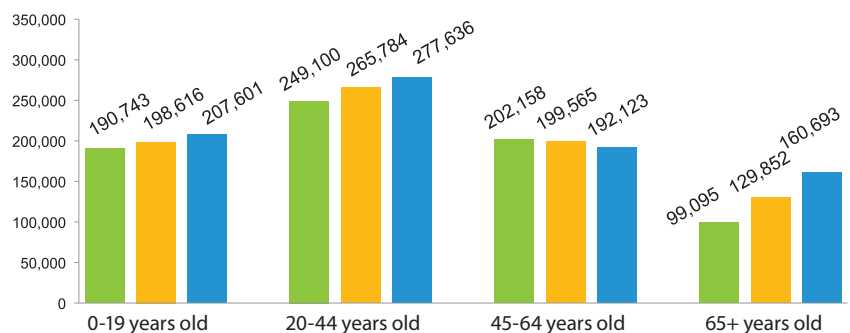
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Jefferson County. To help families make wise decisions, our educational programs focus on:

- **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 **20,289** contacts with Jefferson County individuals and families.²

OUR PEOPLE

Jefferson County projected population¹



SPOTLIGHT ON ...

IMPROVING DIETS AND HEALTH

According to the Centers for Disease Control and Prevention and the Kentucky Department for Public Health, in Jefferson County: 27 percent of adults are obese; 62 percent of adults are overweight; 21.8 percent eat few fruits and vegetables, 8 percent have diabetes; and 29.5 percent have hypertension. This emphasizes the need for continued efforts in food and nutrition education. Jefferson County Extension Service provides hands-on learning experiences, food demonstrations, and exhibits at farmers markets and other community events. Over 100 program evaluations showed that 41 percent increased knowledge of food safety and proper hand washing techniques, and 43.5 percent report healthier food choices.

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

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ in Jefferson County...

- **19.7%** (+/- 0.9) of families with children were below poverty
- **9.1%** (+/- 0.6) of those ages 65 and over were below poverty
- **19.5%** (+/- 0.4) of households had retirement income
- **10.2%** (+/- 0.3) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Jefferson County had **131,566** people, **32,648** children and **17,039** seniors with low access to a supermarket or large grocery store.*

In addition, **33,848** residents had **both** low income **and** low access to stores.

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

- **6,835** people demonstrated an increase in practical living skills.
- **711** people utilized healthy food delivery systems and access points.
- **338** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Jefferson County had:

- **188** Grocery stores (any kind)⁵
 - **146** Grocery/supermarkets (except convenience)⁵
 - **42** Convenience stores (i.e. food marts – no gas)⁵
- **215** Gasoline stations with convenience stores⁵

In the county, there were:

- **8** Roadside markets that served the county⁶
- **26** Farmers market locations⁷
- **692** SNAP** authorized stores (food stamps)⁴
- **131** WIC*** authorized stores⁴

In 2011, there were **\$320,406.99** in SNAP redemptions/per SNAP authorized store in Jefferson County.⁴

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

- **3,526** youth reported eating more healthy foods.
- **1,446** people increased knowledge of healthy food consumption.
- **5,063** people increased knowledge of lifestyle changes to improve personal health.

FOOD ASSISTANCE

In Jefferson County...

- **52,133** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **40,270** children in 2007 (**up 29.5%**).⁹
- **63.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **71,441** SNAP cases and the monthly SNAP benefit level was **\$268.90**.⁸

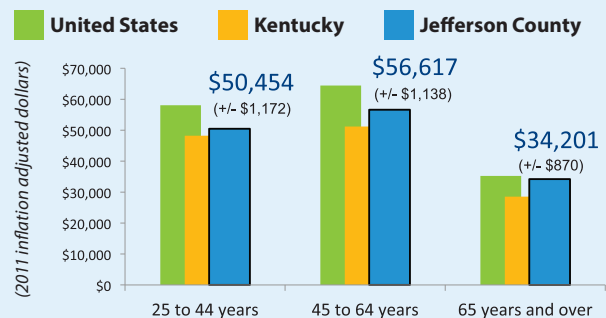
Jefferson County is served by Dare to Care Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **404** people adopted practices to increase food access and affordability.
- **10,533** youth were reached with information on eating healthy foods.
- **7,949** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Jefferson 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/dcbcs/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

