



## COMMONWEALTH OF KENTUCKY

- **Ann Vail**, Director, School of Human Environmental Sciences; Assistant Director, Family and Consumer Sciences Extension programs
- **Cherry Kay Smith**, Program Leader, Family and Consumer Sciences Extension

# 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 Kentucky. To help families make wise decisions, our educational programs focus on:

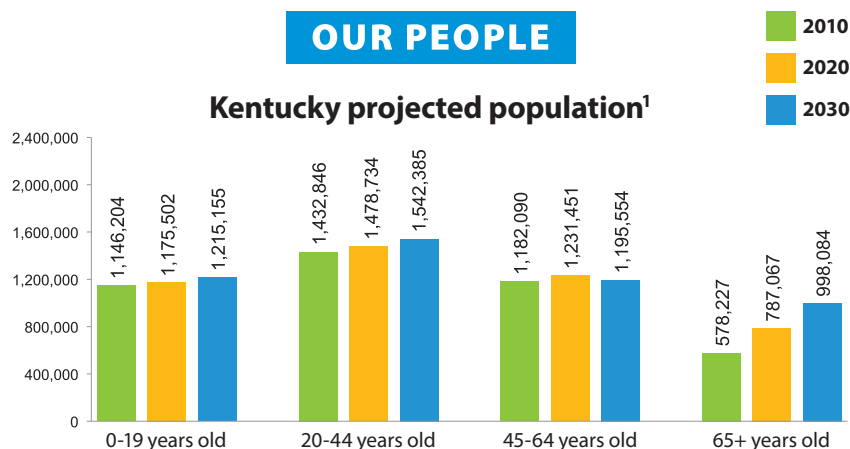
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy 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 **1,900,401** contacts with Kentucky individuals and families.<sup>2</sup>

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

### OUR PEOPLE

#### Kentucky projected population<sup>1</sup>



### SPOTLIGHT ON ...

## FEATURED PROGRAMS

**D**uring 2012-2013, Family and Consumer Sciences Extension collected detailed impact data for three specific programs. Of those participating in the “Taking Ownership of Your Diabetes” program, 39.3 percent implemented at least three healthy eating practices to help address their diabetes. Through the “Managing in Tough Times” program, 6,002 participants implemented a plan to decrease their expenses or manage wealth. As a result of the “Stand Up to Falling” program 1,172 participants understand how to reduce the risk of falling and 931 of them plan to make changes in their home to reduce the risk of falling. Over 86 percent of the participants know how to safely get up from a fall as a result of their participation in the program.

## FAMILY ACCESS

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

- **21.4%** (+/- 0.4) of families with children were below poverty
- **12.2%** (+/- 0.3) of those ages 65 and over were below poverty
- **19.5%** (+/- 0.1) of households had retirement income
- **7.9%** (+/- 0.1) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Kentucky had **667,691** people, **166,679** children and **81,286** seniors with low access to a supermarket or large grocery store.\*

In addition, **209,144** residents had **both** low income **and** low access to stores.

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

- **148,882** people demonstrated an increase in practical living skills.
- **51,450** people utilized healthy food delivery systems and access points.
- **29,314** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Kentucky had:

- **1,094** Grocery stores (any kind)<sup>5</sup>
  - **834** Grocery/supermarkets (except convenience)<sup>5</sup>
  - **260** Convenience stores (i.e. food marts – no gas)<sup>5</sup>
- **1,901** Gasoline stations with convenience stores<sup>5</sup>

In the Commonwealth, there were:

- **104** Roadside markets that served the Commonwealth<sup>6</sup>
- **217** Farmers market locations<sup>7</sup>
- **4,738** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **1,077** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$272,303.53** in SNAP redemptions/per SNAP authorized store in Kentucky.<sup>4</sup>

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

- **53,752** people made lifestyle changes to improve health.
- **42,331** people implemented practices for safe storage, handling, and preparation of food.
- **61,304** people reported eating more healthy foods.

## FOOD ASSISTANCE

In Kentucky...

- **308,651** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **248,676** children in 2007 (**up 24.1%**).<sup>9</sup>
- **57.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **424,192** SNAP cases and the monthly SNAP benefit level was **\$264.72**.<sup>8</sup>

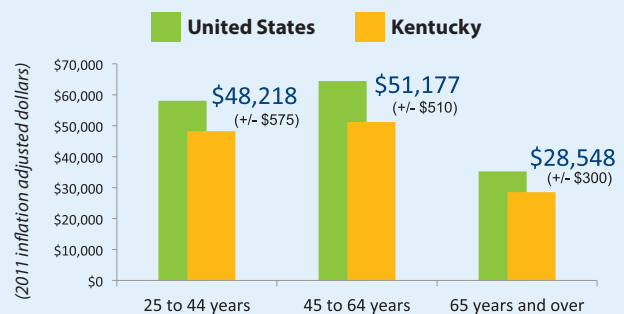
The Ky. Assoc. of Food Banks' seven member food banks serve the Commonwealth in partnership with a network of over 1,000 local food pantries and shelters.<sup>10</sup>

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

- **37,264** people adopted practices to increase food access and affordability.
- **175,645** families/caregivers were reached with information on accessing healthy foods.
- **135,044** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Kentucky (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/dcbcs/data\\_book.htm](http://chfs.ky.gov/dcbcs/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