



LARUE COUNTY

Theresa A. Howard,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

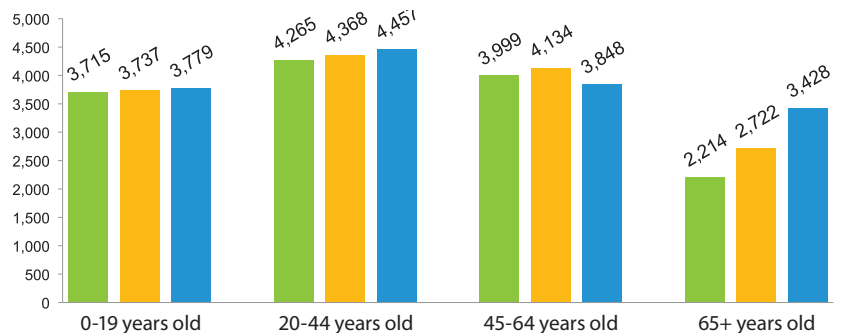
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in LaRue County. To help families make wise decisions, our educational programs focus on:

- **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 **11,924** contacts with LaRue County individuals and families.²

OUR PEOPLE

LaRue County projected population¹



SPOTLIGHT ON ...

LIGHTEN UP LARUE

Kentucky has one of the highest incidences for Type 2 diabetes, obesity, and sedentary lifestyle. Weight loss is key to controlling Type 2 diabetes and other chronic diseases such as high blood pressure and cardiovascular disease. In partnership with the Health Department, the LaRue County FCS agent provided healthy weight management classes and educational materials at various locations and worksites throughout the community, including Sunrise Manor Nursing Home. Of those completing the 10-week "Lighten Up LaRue" series, all reported improved weight management by monitoring it on a regular basis. The most frequent behavior changes reported by participants were: increasing physical activity or walking three to five days a week; eating more meals made at home; eating breakfast daily; and drinking more water.

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

FAMILY ACCESS

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

- **21.2%** (+/- 6.6) of families with children were below poverty
- **11.9%** (+/- 4.0) of those ages 65 and over were below poverty
- **25.0%** (+/- 3.1) of households had retirement income
- **4.7%** (+/- 1.4) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, LaRue County had **211** people, **53** children and **37** seniors with low access to a supermarket or large grocery store.*

In addition, **89** residents had **both** low income **and** low access to stores.

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

- **528** people demonstrated an increase in practical living skills.
- **380** people utilized healthy food delivery systems and access points.
- **290** people increased knowledge of economic and enterprise development.

COMMUNITY AVAILABILITY

In 2011, LaRue County had:

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

In the county, there were:

- **4** Roadside markets that served the county⁶
- **0** Farmers market locations⁷
- **16** SNAP** authorized stores (food stamps)⁴
- **2** WIC*** authorized stores⁴

In 2011, there were **\$150,386.29** in SNAP redemptions/per SNAP authorized store in LaRue County.⁴

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

- **390** people made lifestyle changes to improve health.
- **750** people increased knowledge of lifestyle changes to improve personal health.
- **280** people reported eating more healthy foods.

FOOD ASSISTANCE

In LaRue County...

- **1,088** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **781** children in 2007 (**up 39.3%**).⁹
- **57.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,257** SNAP cases and the monthly SNAP benefit level was **\$259.54**.⁸

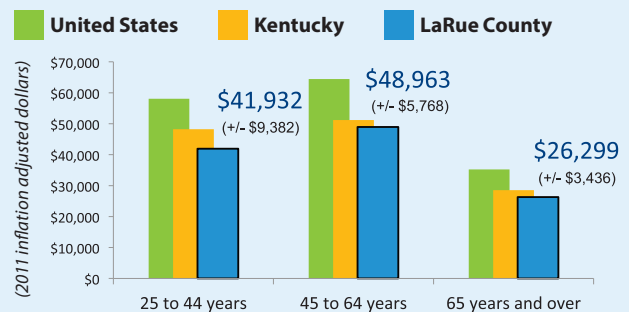
LaRue County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

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

- **190** people adopted practices to increase food access and affordability.
- **500** people were reached with information on eating healthy foods.
- **420** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household** income in past 12 months by age of householder in LaRue 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