Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Laurel 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 59,183 contacts with Laurel County individuals and families.

Laurel County projected population:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19 years old</td>
<td>15,766</td>
<td>16,178</td>
<td>16,543</td>
</tr>
<tr>
<td>20-44 years old</td>
<td>19,223</td>
<td>20,580</td>
<td>21,043</td>
</tr>
<tr>
<td>45-64 years old</td>
<td>16,828</td>
<td>17,926</td>
<td>18,130</td>
</tr>
<tr>
<td>65+ years old</td>
<td>7,577</td>
<td>10,840</td>
<td>14,172</td>
</tr>
</tbody>
</table>

**Forth Graders Improve Nutrition**

More than 700 fourth-grade students in 11 elementary schools received over 900 hours of nutrition training during the 2012-2013 school year. The Laurel County Extension Service staff provided curriculum, special incentives, and monthly training to all students. Pre- and post-test evaluations indicated: 99 percent eat different kinds of vegetables or fruit at least one or two days a week; 96 percent eat whole grains at least one to two days a week; 95 percent wash their hands before they eat; 100 percent are physically active at least one to two days per week; 96 percent eat breakfast most days of the week; 62 percent tried a new food during the program; and 98 percent can recognize a healthy snack when given choices.
According to the 2007-2011 American Community Survey, in Laurel County…

- 23.1% (+/- 3.2) of families with children were below poverty
- 14.8% (+/- 3.4) of those ages 65 and over were below poverty
- 16.3% (+/- 1.3) of households had retirement income
- 7.2% (+/- 1.4) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Laurel County had 6,537 people, 1,544 children and 940 seniors with low access to a supermarket or large grocery store.

In addition, 2,880 residents had both low income and low access to stores.

### FAMILY ACCESS

As a result of participating in Laurel County Extension programs:

- 4,927 people demonstrated an increase in practical living skills.
- 3,300 people utilized healthy food delivery systems and access points.
- 1,000 people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

### COMMUNITY AVAILABILITY

In 2011, Laurel County had:

- 15 Grocery stores (any kind)
- 14 Grocery/supermarkets (except convenience)
- 1 Convenience store (i.e. food marts – no gas)
- 33 Gasoline stations with convenience stores

In the county, there were:

- 2 Roadside markets that served the county
- 1 Farmers market location
- 75 SNAP** authorized stores (food stamps)
- 18 WIC*** authorized stores

In 2011, there were $285,696.23 in SNAP redemptions/per SNAP authorized store in Laurel County.

As a result of participating in Laurel County Extension programs:

- 1,356 people adopted practices to increase food access and affordability.
- 3,900 people were reached with information on eating healthy foods.
- 1,641 youth increased their knowledge of healthy food consumption.

### HOUSEHOLD INCOME

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

<table>
<thead>
<tr>
<th>Age</th>
<th>United States</th>
<th>Kentucky</th>
<th>Laurel County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$43,986 (+/- $3,283)</td>
<td>$40,809 (+/- $3,254)</td>
<td>$24,854 (+/- $2,370)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65 years and over</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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**

### FOOD ASSISTANCE

In Laurel County…

- 5,512 was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 4,659 children in 2007 (up 18.3%).
- 61.0% of students attending public schools were eligible for free or reduced-price meals.
- There were 7,044 SNAP cases and the monthly SNAP benefit level was $270.55.

Laurel County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.

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