



## LAUREL COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

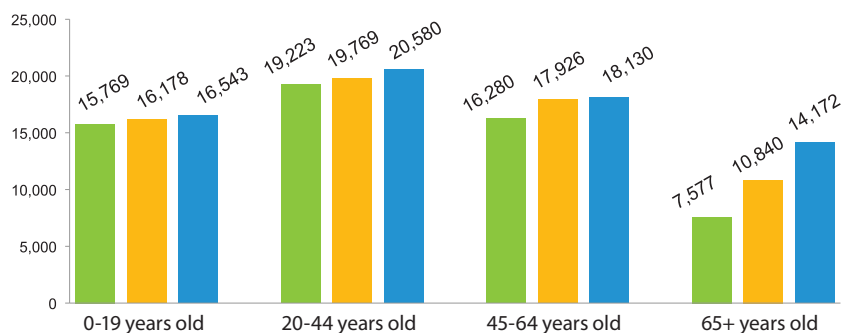
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Laurel County. To help families make wise decisions, our educational programs focus on:

- **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.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## FOURTH GRADERS IMPROVE NUTRITION

**M**ore 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.

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

## FAMILY ACCESS

According to the 2007-2011 American Community Survey,<sup>3</sup> 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<sup>4</sup> 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.

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

- **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)<sup>5</sup>
  - **14** Grocery/supermarkets (except convenience)<sup>5</sup>
  - **1** Convenience store (i.e. food marts – no gas)<sup>5</sup>
- **33** Gasoline stations with convenience stores<sup>5</sup>

In the county, there were:

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

In 2011, there were **\$285,696.23** in SNAP redemptions/per SNAP authorized store in Laurel County.<sup>4</sup>

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

- **3,132** people increased knowledge of safe storage, handling, and preparation of food.
- **2,945** people implemented practices for safe storage, handling, and preparation of food.
- **1,545** people reported eating more healthy foods.

## 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%**).<sup>9</sup>
- **61.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **7,044** SNAP cases and the monthly SNAP benefit level was **\$270.55**.<sup>8</sup>

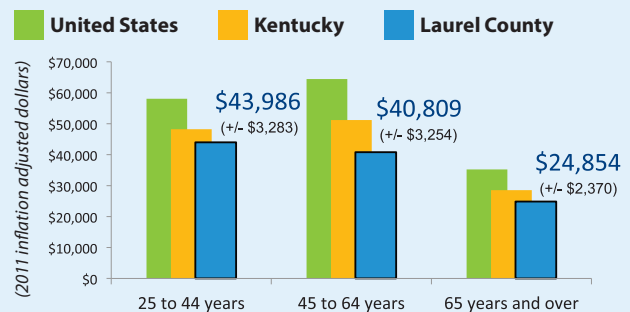
Laurel County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **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)<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

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