



LAWRENCE COUNTY

Stephanie Derifield,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

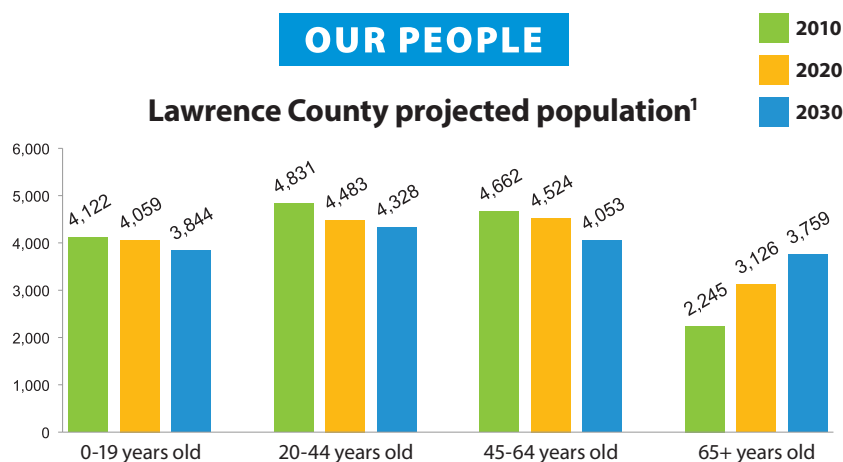
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Lawrence County. To help families make wise decisions, our educational programs focus on:

- **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 **20,383** contacts with Lawrence County individuals and families.²

OUR PEOPLE

Lawrence County projected population¹



SPOTLIGHT ON ...

STIR-FRY YOUR WAY TO HEALTH

Only 13.5 percent of Lawrence Countians reported eating five or more fruits and vegetables per day (CDC, BRFSS). In an effort to promote the health benefits derived from eating fresh fruits and vegetables, the Lawrence County FCS staff taught "Stir-fry Your Way to Better Health," reaching 125 participants. The FCS agent demonstrated stir-fry cooking as an easy method of preparing fresh vegetables for a one-dish nutritious meal. Of the 62 percent of the evaluations returned, 42 percent tried stir-fry at home; 31 percent reported increasing fruit and vegetable consumption by an average of two servings per day; 28 percent visited a local farmers market or local grower; 23 percent requested recipes and 18 percent tried one or more "Plate-It-Up" recipes at home.

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

FAMILY ACCESS

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

- **31.8%** (+/- 7.9) of families with children were below poverty
- **22.2%** (+/- 6.6) of those ages 65 and over were below poverty
- **22.4%** (+/- 3.2) of households had retirement income
- **7.1%** (+/- 1.8) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Lawrence County had **1,775** people, **444** children and **257** seniors with low access to a supermarket or large grocery store.*

In addition, **1,023** residents had **both** low income **and** low access to stores.

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

- **840** people demonstrated an increase in practical living skills.
- **130** people utilized healthy food delivery systems and access points.
- **475** people increased leadership knowledge and skills.

COMMUNITY AVAILABILITY

In 2011, Lawrence County had:

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

In the county, there were:

- **1** Roadside market that served the county⁶
- **1** Farmers market location⁷
- **26** SNAP** authorized stores (food stamps)⁴
- **13** WIC*** authorized stores⁴

In 2011, there were **\$326,944.42** in SNAP redemptions/per SNAP authorized store in Lawrence County.⁴

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

- **1,250** people increased knowledge of lifestyle changes to improve personal health.
- **1,000** people increased knowledge of healthy food consumption.
- **725** people reported eating more healthy foods.

FOOD ASSISTANCE

In Lawrence County...

- **1,426** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **1,417** children in 2007 (**up 0.6%**).⁹
- **67.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,390** SNAP cases and the monthly SNAP benefit level was **\$252.03**.⁸

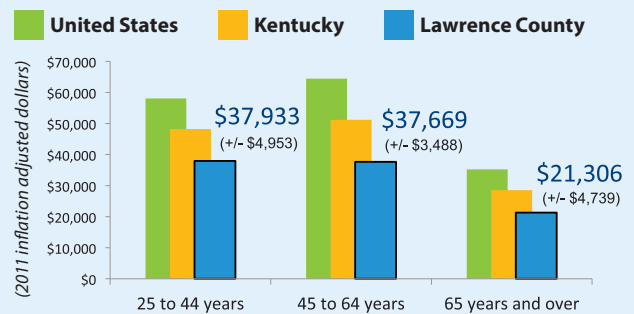
Lawrence County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **1,500** people adopted practices to increase food access and affordability.
- **2,000** people were reached with information on eating healthy foods.
- **1,750** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Lawrence 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

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