



LEWIS COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

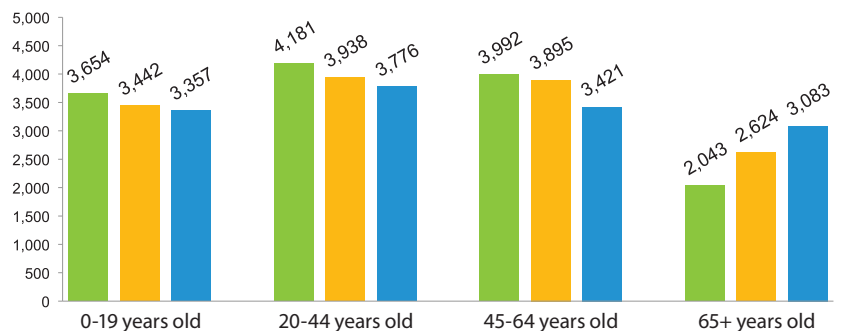
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Lewis County. To help families make wise decisions, our educational programs focus on:

- **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 **13,176** contacts with Lewis County individuals and families.²

OUR PEOPLE

Lewis County projected population¹



SPOTLIGHT ON ...

FOOD SECURITY

As more families are three and four generations removed from the farm, it becomes increasingly important that children understand how food is raised. The Lewis County Extension Staff collaborated with the Boys and Girls Clubs to teach children to garden and prepare home-grown produce. Agents and leaders constructed and prepare raised beds for seeds and plants, and taught children how to water the gardens. Participants gained hands-on experience planting and maintaining the growing produce. Because research shows that children are more likely to eat food they have themselves prepared, children were taught how to chop produce, use a recipe, and make their own salsa. Ninety-six percent of the children ate the salsa, and many asked for more.

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

FAMILY ACCESS

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

- **39.6%** (+/- 9.1) of families with children were below poverty
- **22.5%** (+/- 7.3) of those ages 65 and over were below poverty
- **19.1%** (+/- 3.2) of households had retirement income
- **12.0%** (+/- 3.0) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Lewis County had **154** people, **49** children and **16** seniors with low access to a supermarket or large grocery store.*

In addition, **113** residents had **both** low income **and** low access to stores.

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

- **120** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **120** people utilized healthy food delivery systems and access points.
- **85** people in Stand Up to Falling understand how to reduce the risk of falling.

COMMUNITY AVAILABILITY

In 2011, Lewis County had:

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

In the county, there were:

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

In 2011, there were **\$140,454.63** in SNAP redemptions/per SNAP authorized store in Lewis County.⁴

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

- **799** people made lifestyle changes to improve health.
- **1,204** people increased knowledge of safe storage, handling, and preparation of food.
- **910** people reported eating more healthy foods.

FOOD ASSISTANCE

In Lewis County...

- **1,521** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **1,402** children in 2007 (**up 8.5%**).⁹
- **70.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,912** SNAP cases and the monthly SNAP benefit level was **\$273.99**.⁸

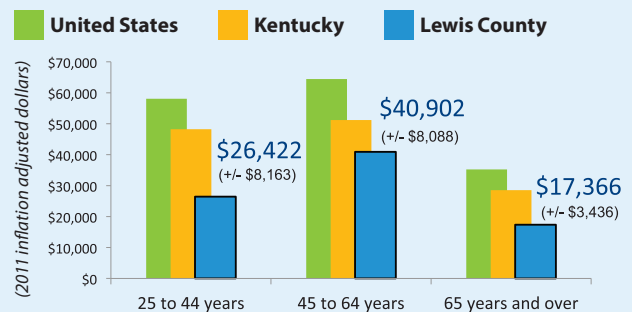
Lewis County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **225** people supplemented their diets with healthy foods they produced or preserved.
- **864** people were reached with information on eating healthy foods.
- **534** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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