



LINCOLN COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

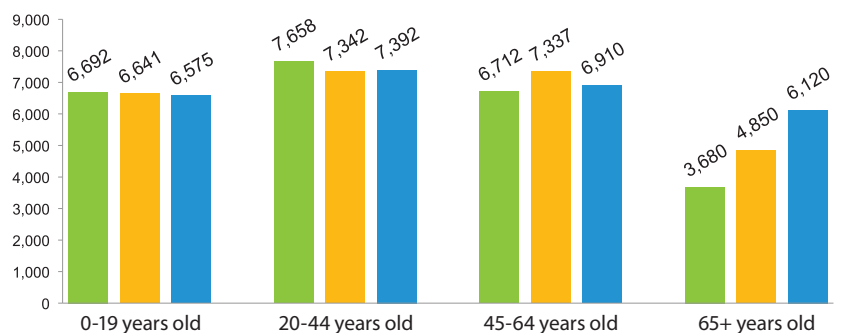
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Lincoln County. To help families make wise decisions, our educational programs focus on:

- **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 **8,089** contacts with Lincoln County individuals and families.²

OUR PEOPLE

Lincoln County projected population¹



SPOTLIGHT ON ...

NUTRITION OUTREACH

To address Lincoln County's high incidence of heart disease and diabetes, the Lincoln County FCS agent provides research-based information through outreach programs such as the monthly "Lunch-n-Learn." A total of eight monthly programs reached 258 participants, an average of 32 people per session. Post-participation evaluation indicates: 95 percent watch portion sizes more closely and prepare foods healthier ways; 90 percent eat a variety of fruits and vegetables, plan healthier meals, shop smarter, and prepare foods with less salt/sodium; 86 percent are trying more "new" foods in general and reading food labels more often; and 81 percent prepare foods with less sugar and fat. It was evident that participants are making beneficial lifestyle choices which will positively impact their overall health.

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

FAMILY ACCESS

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

- **25.8%** (+/- 5.4) of families with children were below poverty
- **20.4%** (+/- 4.9) of those ages 65 and over were below poverty
- **16.7%** (+/- 2.3) of households had retirement income
- **7.0%** (+/- 1.4) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Lincoln County had **1,924** people, **464** children and **273** seniors with low access to a supermarket or large grocery store.*

In addition, **1,025** residents had **both** low income **and** low access to stores.

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

- **700** people demonstrated an increase in practical living skills.
- **500** people utilized healthy food delivery systems and access points.
- **63** people in Stand Up to Falling understand how to reduce the risk of falling.

COMMUNITY AVAILABILITY

In 2011, Lincoln County had:

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

In the county, there were:

- **6** Roadside markets that served the county⁶
- **1** Farmers market location⁷
- **30** SNAP** authorized stores (food stamps)⁴
- **12** WIC*** authorized stores⁴

In 2011, there were **\$292,925.66** in SNAP redemptions/per SNAP authorized store in Lincoln County.⁴

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

- **764** people made lifestyle changes to improve health.
- **800** people implemented practices for safe storage, handling, and preparation of food.
- **915** people reported eating more healthy foods.

FOOD ASSISTANCE

In Lincoln County...

- **2,077** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **1,714** children in 2007 (**up 21.2%**).⁹
- **65.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **3,005** SNAP cases and the monthly SNAP benefit level was **\$259.78**.⁸

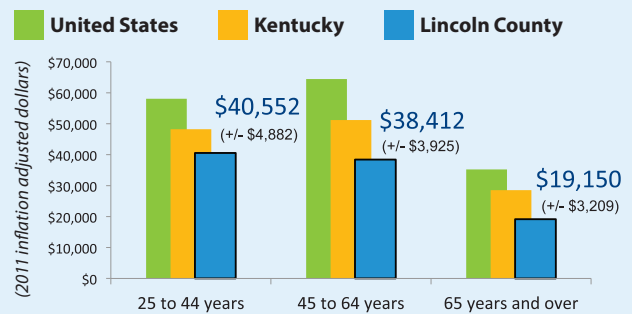
Lincoln County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

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

HOUSEHOLD INCOME

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