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.

http://hes.uky.edu/StrongFamilies
According to the 2007-2011 American Community Survey, 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 Atlas 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:

- 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.

In 2011, Lincoln County had:

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

In the county, there were:

- 6 Roadside markets that served the county
- 1 Farmers market location
- 30 SNAP** authorized stores (food stamps)
- 12 WIC*** authorized stores

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

As a result of participating in Lincoln County Extension programs:

- 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.

**  Supplemental Nutrition Assistance Program
***  The Special Supplemental Nutrition Program for Women, Infants and Children