

LIVINGSTON COUNTY
Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

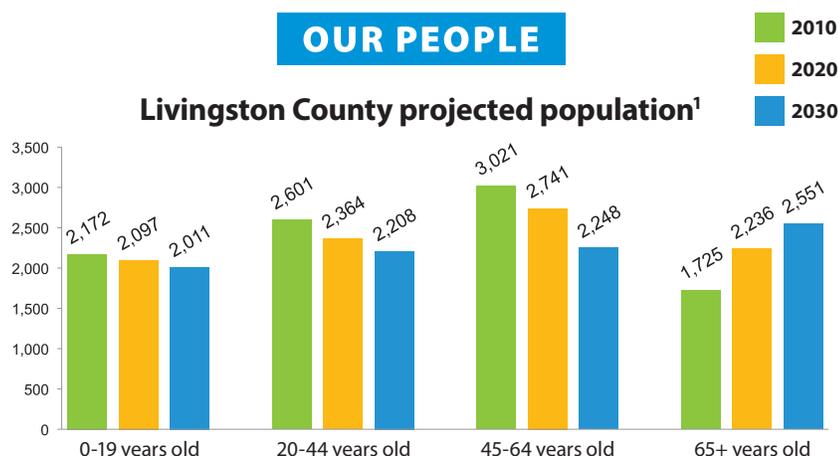
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Livingston County. To help families make wise decisions, our educational programs focus on:

- **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 **8,356** contacts with Livingston County individuals and families.²

OUR PEOPLE

Livingston County projected population¹



SPOTLIGHT ON ...

PROMOTING NUTRITION AND HEALTH

One goal of the Family and Consumer Sciences Extension program in Livingston County is to encourage the adoption of healthy lifestyles, particularly through proper nutrition. As a result, 480 families and caregivers were reached with extension-related information on accessing healthy foods, 81 of which participated in the Expanded Food and Nutrition Education Program (EFNEP). Of the 50 families that completed the EFNEP program, the following behavior changes were noted: 92 percent increased their consumption of healthy foods; 56 percent now read nutrition labels; 55 percent were physically active for 30 to 60 minutes each day; and 45 percent showed improvement in food resource management.

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

FAMILY ACCESS

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

- **19.0%** (+/- 7.6) of families with children were below poverty
- **13.9%** (+/- 5.8) of those ages 65 and over were below poverty
- **27.9%** (+/- 4.0) of households had retirement income
- **3.4%** (+/- 1.5) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Livingston County had **135** people, **34** children and **23** seniors with low access to a supermarket or large grocery store.*

In addition, **74** residents had **both** low income **and** low access to stores.

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

- **124** people increased knowledge of economic and enterprise development.
- **232** people utilized healthy food delivery systems and access points.
- **124** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Livingston County had:

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

In the county, there were:

- **1** Roadside market that served the county⁶
- **0** Farmers market locations⁷
- **15** SNAP** authorized stores (food stamps)⁴
- **4** WIC*** authorized stores⁴

In 2011, there were **\$57,551.45** in SNAP redemptions/per SNAP authorized store in Livingston County.⁴

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

- **584** people made lifestyle changes to improve health.
- **48** people reported eating more healthy foods.
- **156** families spent time together in physical activity.

FOOD ASSISTANCE

In Livingston County...

- **580** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **411** children in 2007 (**up 41.1%**).⁹
- **54.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **792** SNAP cases and the monthly SNAP benefit level was **\$271.23**.⁸

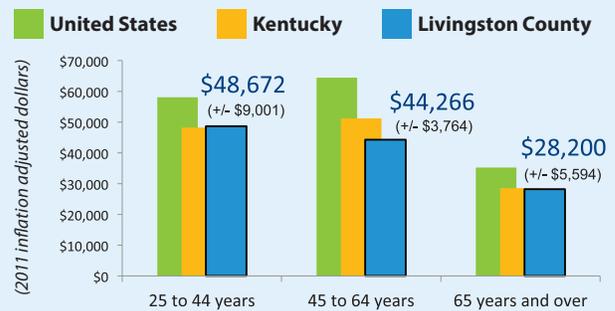
Livingston County is served by Tri-State Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **15** people supplemented their diets with healthy foods they produced or preserved.
- **480** families/caregivers were reached with information on accessing healthy foods.
- **104** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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