Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Logan 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 6,288 contacts with Logan County individuals and families.

According to the Kentucky Institute of Medicine, 33 percent of adults in Logan County are obese and lack physical activity. To address this need, the Logan County Extension Service promoted "Lose It Logan County!" an eight-week program focused on healthy weight loss and increased physical activity. Twenty-five individuals participated in the program. Data recorded over the course of the program indicated the following: 60 total pounds lost; 26 total inches lost; 16 of 25 participants reduced their waist size. Participants noted greater awareness of food choices and portion control, a significant increase in energy and flexibility, and most could see a visible improvement in their body image.
In Logan County...

- 1,819 was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 1,472 children in 2007 (up 23.6%).
- 56.0% of students attending public schools were eligible for free or reduced-price meals.
- There were 2,420 SNAP cases and the monthly SNAP benefit level was $269.42.

Logan County is served by Feeding America, Kentucky’s Heartland of the Ky. Assoc. of Food Banks.

As a result of participating in Logan County Extension programs:
- 180 people are ready to enter the work force.
- 50 people utilized healthy food delivery systems and access points.
- 470 people were involved in addressing community issues.

In addition, 322 residents had both low income and low access to stores.

In Logan County...

- 19.0% (+/- 4.8) of families with children were below poverty
- 15.0% (+/- 3.1) of those ages 65 and over were below poverty
- 20.5% (+/- 2.1) of households had retirement income
- 6.5% (+/- 1.6) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Logan County had 754 people, 190 children and 108 seniors with low access to a supermarket or large grocery store.

In 2011, there were $341,954.40 in SNAP redemptions/per SNAP authorized store in Logan County.

As a result of participating in Logan County Extension programs:
- 105 people increased knowledge of healthy food consumption.
- 30 families spent time together in physical activity.
- 85 families/caregivers reported eating more healthy foods.

COMMUNITY AVAILABILITY

In 2011, Logan County had:
- 6 Grocery stores (any kind)
  - 4 Grocery/supermarkets (except convenience)
  - 2 Convenience stores (i.e. food marts – no gas)
- 13 Gasoline stations with convenience stores

In the county, there were:
- 4 Roadside markets that served the county
- 2 Farmers market locations
- 23 SNAP** authorized stores (food stamps)
- 4 WIC*** authorized stores

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

SOURCES

1 Kentucky State Data Center
2 Kentucky Cooperative Extension Service Reporting, FY 2013
3 2007–2011 American Community Survey, 5-Year Estimates
8 Kids Count Data Center, KY Youth Advocates.
9 Kentucky Association of Food Banks. http://www.kafb.org
10 Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
11 Supplemental Nutrition Assistance Program
12 The Special Supplemental Nutrition Program for Women, Infants and Children

Median household income in past 12 months by age of householder in Logan County (2007-2011)

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