



LOGAN COUNTY

Rachel Hance,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

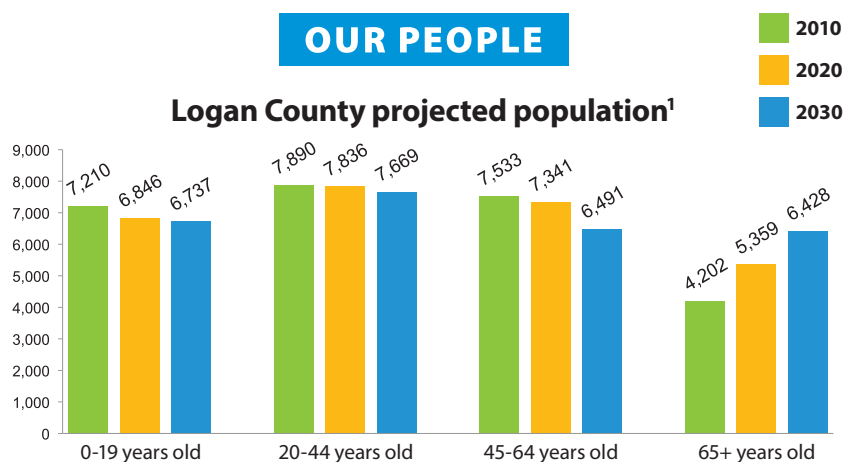
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Logan County. To help families make wise decisions, our educational programs focus on:

- **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.²

OUR PEOPLE

Logan County projected population¹



SPOTLIGHT ON ...

LOSE IT LOGAN COUNTY!

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.

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

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ 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 Atlas⁴ 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 addition, **322** residents had **both** low income **and** low access to stores.

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

- **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.

COMMUNITY AVAILABILITY

In 2011, Logan County had:

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

In the county, there were:

- **4** Roadside markets that served the county⁶
- **2** Farmers market locations⁷
- **23** SNAP** authorized stores (food stamps)⁴
- **4** WIC*** authorized stores⁴

In 2011, there were **\$341,954.40** in SNAP redemptions/per SNAP authorized store in Logan County.⁴

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

- **105** people increased knowledge of healthy food consumption.
- **30** families spent time together in physical activity.
- **85** families/caregivers reported eating more healthy foods.

FOOD ASSISTANCE

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%**).⁹
- **56.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,420** SNAP cases and the monthly SNAP benefit level was **\$269.42**.⁸

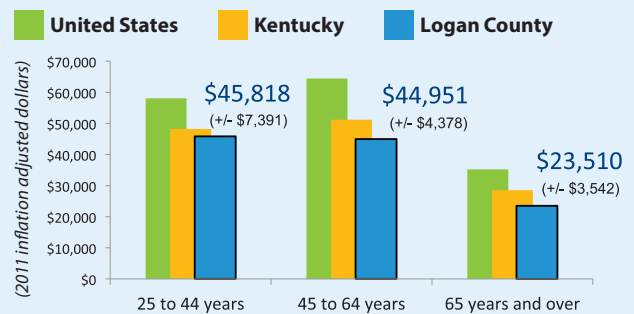
Logan County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

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

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

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Logan 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>
- ** Supplemental Nutrition Assistance Program
- *** The Special Supplemental Nutrition Program for Women, Infants and Children

