Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Madison 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 27,922 contacts with Madison County individuals and families.

In response to escalating food prices, food safety concerns, and Kentucky’s obesity rate, the Madison County FCS program launched the "Beef It Up Cooking School." The program focused on food safety, healthy preparation methods, presentation ideas, and affordable meals using beef. With the help of a Kentucky Beef Council grant and local volunteers, the event reached maximum capacity with 120 attendees. Evaluations indicated: 75 percent of survey respondents learned ways to save on their food budget; 84 percent learned ways to make cooking at home more convenient, and 78 percent learned at least one new food preparation technique or concept.
According to the 2007-2011 American Community Survey, in Madison County…

- 19.2% (+/- 3.0) of families with children were below poverty
- 7.6% (+/- 1.7) of those ages 65 and over were below poverty
- 19.7% (+/- 1.3) of households had retirement income
- 3.9% (+/- 1.1) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Madison County had 7,958 people, 1,934 children and 811 seniors with low access to a supermarket or large grocery store.

In addition, 2,987 residents had both low income and low access to stores.

As a result of participating in Madison County Extension programs:

- 6,423 people demonstrated an increase in practical living skills.
- 760 people utilized healthy food delivery systems and access points.
- 500 people in Managing in Tough Times: Moneywi$e became aware of how to manage current economic events.

In 2011, Madison County had:

- 13 Grocery stores (any kind)
  - 8 Grocery/supermarkets (except convenience)
  - 5 Convenience stores (i.e. food marts – no gas)
- 44 Gasoline stations with convenience stores

In the county, there were:

- 7 Roadside markets that served the county
- 4 Farmers market locations
- 88 SNAP** authorized stores (food stamps)
- 14 WIC*** authorized stores

In 2011, there were $310,936.11 in SNAP redemptions per SNAP authorized store in Madison County.

As a result of participating in Madison County Extension programs:

- 480 people adopted practices to increase food access and affordability.
- 2,350 youth increased their knowledge of healthy food consumption.
- 2,220 youth reported eating more healthy foods.

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

<table>
<thead>
<tr>
<th>Age Range</th>
<th>United States</th>
<th>Kentucky</th>
<th>Madison County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$47,714 (+/- $4,073)</td>
<td>$56,179 (+/- $5,046)</td>
<td>$32,437 (+/- $2,010)</td>
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<tr>
<td>45 to 64 years</td>
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<tr>
<td>65 years and over</td>
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</tbody>
</table>

Sources:
1. Kentucky State Data Center
2. Kentucky Cooperative Extension Service Reporting, FY 2013
3. 2007-2011 American Community Survey, 5-Year Estimates
9. Ky Kids Count Data Center, KY Youth Advocates
10. 40% is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
11. The Special Supplemental Nutrition Assistance Program
12. The Special Supplemental Nutrition Program for Women, Infants and Children

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.