



McCREARY COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

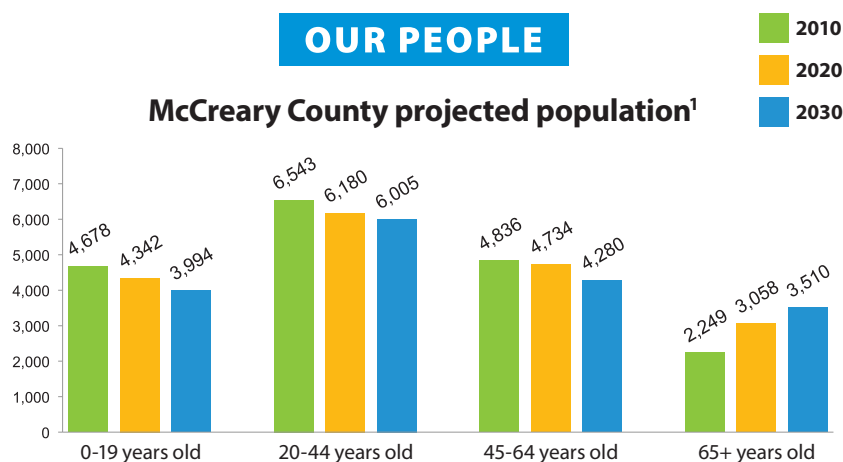
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in McCreary County. To help families make wise decisions, our educational programs focus on:

- **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 **21,718** contacts with McCreary County individuals and families.²

OUR PEOPLE

McCreary County projected population¹



SPOTLIGHT ON ...

HEALTHY HOLIDAY COOKING

To address high rates of obesity among Kentucky adults, the McCreary County Cooperative Extension Service developed a Healthy Holiday Cooking program. The interactive program focused on healthy ingredient substitutions for traditional holiday recipes, on food safety to combat food borne illness, and on the replacement of traditional holiday foods with more nutritious, yet satisfying alternatives. Surveys completed at the end of the program indicated: 77 percent of the participants reported increased knowledge in preparation of healthy holiday recipes; 72 percent reported a better understanding of food safety and preparation recommendations, and 96 percent planned to use one of the healthy recipes sampled at the program.

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

FAMILY ACCESS

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

- **34.4%** (+/- 7.9) of families with children were below poverty
- **17.7%** (+/- 6.8) of those ages 65 and over were below poverty
- **15.8%** (+/- 3.2) of households had retirement income
- **9.8%** (+/- 2.8) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, McCreary County had **866** people, **238** children and **100** seniors with low access to a supermarket or large grocery store.*

In addition, **635** residents had **both** low income **and** low access to stores.

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

- **455** people increased knowledge of healthy food consumption.
- **30** people adopted one or more practices to reduce debt or increase savings.
- **10** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, McCreary County had:

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

In the county, there were:

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

In 2011, there were **\$257,346.08** in SNAP redemptions/per SNAP authorized store in McCreary County.⁴

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

- **150** people increased their knowledge of safe storage, handling and preparation of food.
- **283** people increased knowledge of lifestyle changes to improve personal health.
- **195** people reported eating more healthy foods.

FOOD ASSISTANCE

In McCreary County...

- **2,086** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **1,998** children in 2007 (**up 4.4%**).⁹
- **76.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **3,276** SNAP cases and the monthly SNAP benefit level was **\$257.52**.⁸

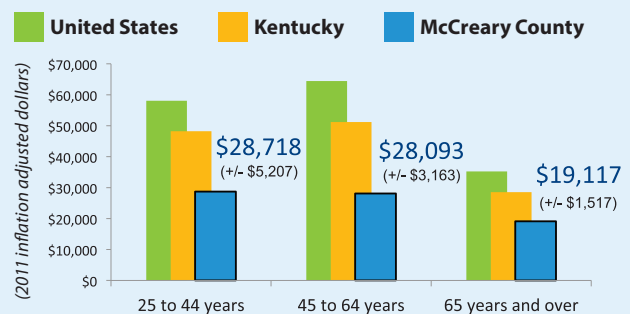
McCreary County is served by Purchase Area Development District Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **170** people made lifestyle changes to improve personal health.
- **420** people were reached with information on accessing healthy foods.
- **235** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in McCreary 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/dcb/dcb_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