



## McLEAN COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

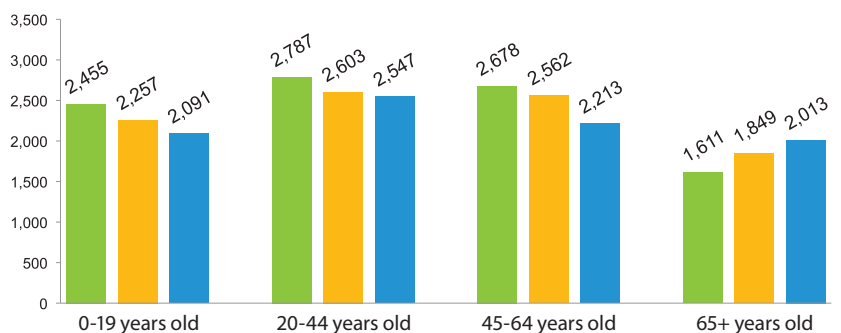
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in McLean County. To help families make wise decisions, our educational programs focus on:

- **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 **6,961** contacts with McLean County individuals and families.<sup>2</sup>

### OUR PEOPLE

McLean County projected population<sup>1</sup>



### SPOTLIGHT ON ...

## WE CAN!

The "Ways to Enhance Children's Activity and Nutrition (We Can!)" program from the National Institute for Health is designed to encourage healthy eating, increased physical activity, and reduced time sitting in front of a screen, particularly among children ages 5 to 13. The McLean County FCS agent collaborated with other community partners to provide the "We Can!" program for a fourth time, reaching 52 participants. A survey conducted six months following the program found an increase in: the family cooking together (50 percent); reviewing food labels when purchasing items at the grocery store (96 percent); trying new foods in the home (75 percent); decreased amount of screen time in the home for all members (75 percent); and increased family physical activity time (75 percent).

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

## FAMILY ACCESS

According to the 2007-2011 American Community Survey,<sup>3</sup> in McLean County...

- **22.1%** (+/- 5.8) of families with children were below poverty
- **10.8%** (+/- 3.4) of those ages 65 and over were below poverty
- **22.4%** (+/- 2.6) of households had retirement income
- **6.7%** (+/- 1.8) of households had no vehicle

The Food Environment Atlas indicates that in 2010, McLean county had **111** households with no vehicle and low access to a supermarket or large grocery store.\*

### As a result of participating in McLean County Extension programs:<sup>2</sup>

- **372** people demonstrated an increase in practical living skills.
- **82** people utilized healthy food delivery systems and access points.
- **201** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

## COMMUNITY AVAILABILITY

In 2011, McLean County had:

- **5** Grocery stores (any kind)<sup>5</sup>
  - **3** Grocery/supermarkets (except convenience)<sup>5</sup>
  - **2** Convenience stores (i.e. food marts – no gas)<sup>5</sup>
- **4** Gasoline stations with convenience stores<sup>5</sup>

In the county, there were:

- **2** Roadside markets that served the county<sup>6</sup>
- **0** Farmers market locations<sup>7</sup>
- **14** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **4** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$73,790.77** in SNAP redemptions/per SNAP authorized store in McLean County.<sup>4</sup>

### As a result of participating in McLean County Extension programs:<sup>2</sup>

- **1,191** people made lifestyle changes to improve health.
- **834** people understand the benefits of spending time together in physical activity.
- **812** people reported eating more healthy foods.

## FOOD ASSISTANCE

In McLean County...

- **621** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **520** children in 2007 (**up 19.4%**).<sup>9</sup>
- **56.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **718** SNAP cases and the monthly SNAP benefit level was **\$260.11**.<sup>8</sup>

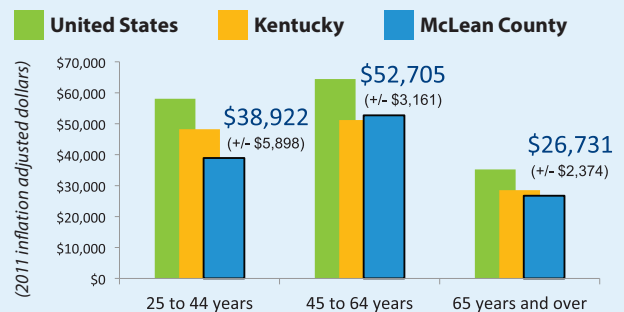
McLean County is served by Tri-State Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

### As a result of participating in McLean County Extension programs:<sup>2</sup>

- **247** people supplemented their diets with healthy foods they produced or preserved.
- **1,303** youth increased their knowledge of healthy food consumption.
- **1,191** youth reported eating more healthy foods.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in McLean County (2007-2011)<sup>3</sup>



#### SOURCES

- <sup>1</sup> Kentucky State Data Center
- <sup>2</sup> Kentucky Cooperative Extension Service Reporting, FY 2013
- <sup>3</sup> 2007-2011 American Community Survey, 5-Year Estimates
- <sup>4</sup> USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- <sup>5</sup> US Dept of Commerce, County Business Patterns, 2011.
- <sup>6</sup> Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- <sup>7</sup> Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- <sup>8</sup> Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. [http://chfs.ky.gov/dcbcs/data\\_book.htm](http://chfs.ky.gov/dcbcs/data_book.htm)
- <sup>9</sup> Kids Count Data Center, KY Youth Advocates.
- <sup>10</sup> Kentucky Association of Food Banks. <http://www.kafb.org>
- \*\* Supplemental Nutrition Assistance Program
- \*\*\* The Special Supplemental Nutrition Program for Women, Infants and Children