MEADE COUNTY
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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 Meade 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 27,227 contacts with Meade County individuals and families.

Our People

Meade County projected population

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19 years old</td>
<td>8,665</td>
<td>8,969</td>
<td>8,241</td>
</tr>
<tr>
<td>20-44 years old</td>
<td>9,606</td>
<td>9,978</td>
<td>10,129</td>
</tr>
<tr>
<td>45-64 years old</td>
<td>7,486</td>
<td>8,163</td>
<td>7,944</td>
</tr>
<tr>
<td>65+ years old</td>
<td>2,975</td>
<td>4,381</td>
<td>6,167</td>
</tr>
</tbody>
</table>

http://hes.uky.edu/StrongFamilies

SPOTLIGHT ON ...

MELT DOWN MEADE COUNTY

“Melt Down Meade County” is a 10-week lifestyle change program related to weight loss and physical activity. Based on extensions’ "Weight the Reality Series" program, participants learn about nutrition, reading food labels, and cooking for health. Through weekly classes, participants receive a newsletter with healthy recipes and tips to incorporate into daily living. Forty-seven participants lost a total of 298 pounds over 10 weeks. More importantly, many reported: increased water intake and decreased soft drink consumption; preparing healthy meals at home; increased exercise levels; and feeling more in control of their health and weight. A few of the participants continue to visit the extension office to use the scales as a means of remaining accountable and of continuing to lose or maintain weight loss.

http://hes.uky.edu/StrongFamilies
In Meade County...

- 1,521 was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 1,207 children in 2007 (up 26.0%).
- 49.0% of students attending public schools were eligible for free or reduced-price meals.
- There were 1,698 SNAP cases and the monthly SNAP benefit level was $298.47.

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

As a result of participating in Meade County Extension programs:
- 8,439 people increased knowledge of healthy food consumption.
- 7,982 people understand the benefits of spending time together in physical activity.
- 6,000 people reported eating more healthy foods.

In 2011, Meade County had:
- 4 Grocery stores (any kind)
  - 3 Grocery/supermarkets (except convenience)
  - 1 Convenience store (i.e. food marts – no gas)
- 20 Gasoline stations with convenience stores

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

In 2011, there were $154,930.20 in SNAP redemptions/per SNAP authorized store in Meade County.

As a result of participating in Meade County Extension programs:
- 3,844 people demonstrated an increase in practical living skills.
- 4,000 people utilized healthy food delivery systems and access points.
- 931 people increased knowledge of economic and enterprise development.

COMMUNITY AVAILABILITY

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As a result of participating in Meade County Extension programs:
- 3,121 people adopted practices to increase food access and affordability.
- 10,000 families/caregivers were reached with information on accessing healthy foods.
- 3,780 youth increased their knowledge of healthy food consumption.

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.
10 Kentucky Association of Food Banks. http://www.kafb.org

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