



MEADE COUNTY

Jennifer Bridge,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

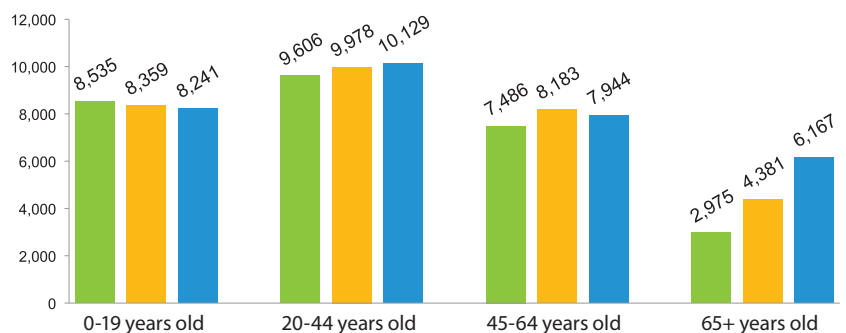
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Meade County. To help families make wise decisions, our educational programs focus on:

- **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.²

OUR PEOPLE

Meade County projected population¹



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>

FAMILY ACCESS

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

- **18.0%** (+/- 4.7) of families with children were below poverty
- **9.1%** (+/- 3.5) of those ages 65 and over were below poverty
- **22.3%** (+/- 2.3) of households had retirement income
- **3.9%** (+/- 1.0) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Meade County had **4,097** people, **1,471** children and **191** seniors with low access to a supermarket or large grocery store.*

In addition, **1,997** residents had **both** low income **and** low access to stores.

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

- **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

In 2011, Meade County had:

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

In the county, there were:

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

In 2011, there were **\$154,930.20** in SNAP redemptions/per SNAP authorized store in Meade County.⁴

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

- **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.

FOOD ASSISTANCE

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%**).⁹
- **49.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,698** SNAP cases and the monthly SNAP benefit level was **\$298.47**.⁸

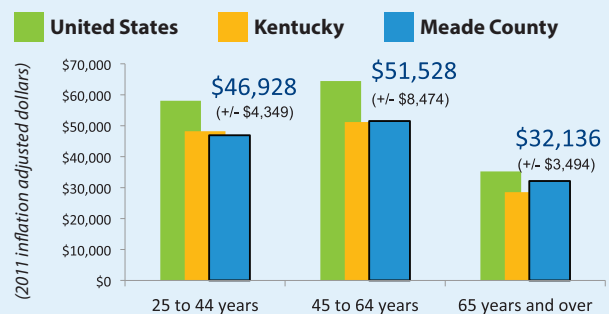
Meade County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

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

- **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.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Meade 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>
- * 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