



## MENIFEE COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

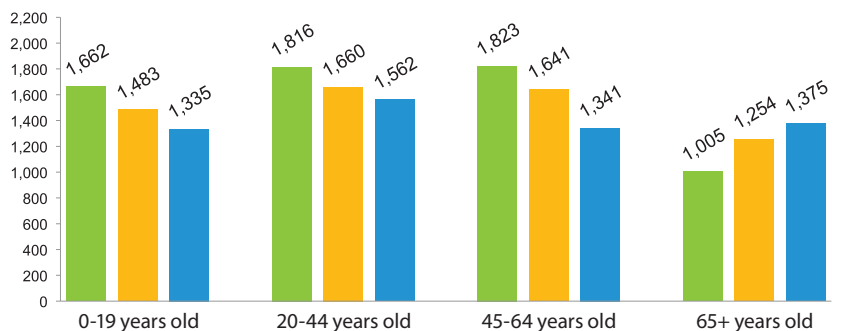
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Menifee County. To help families make wise decisions, our educational programs focus on:

- **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 **12,507** contacts with Menifee County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## LOSE IT MENIFEE COUNTY

According to Kentucky Health Facts, 27 percent of Menifee County residents report a higher incidence of poor health and diabetes. To address this issue, the Menifee County extension agents, along with community partners Menifee County Wellness Center and St. Claire Medical Clinic, offered "Weight the Reality" series. Participants were challenged to make lifestyle changes related to food choices and preparation, physical activity, and weight management. Post-evaluations indicated that participants lost an average of 4.36 pounds over the six-week period. Eighty percent of the participants reported increased motivation and said they continued to lose weight after the series ended. Many reported that they are still keeping a log of exercise and food intake and are using the recipes at home.

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

## FAMILY ACCESS

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

- **28.3%** (+/- 13.7) of families with children were below poverty
- **16.8%** (+/- 8.9) of those ages 65 and over were below poverty
- **21.6%** (+/- 4.4) of households had retirement income
- **8.0%** (+/- 3.5) of households had no vehicle

The Food Environment Atlas indicates that in 2010, Menifee county had **140** households with no vehicle and low access to a supermarket or large grocery store.

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

- **300** people demonstrated an increase in practical living skills.
- **1,050** people utilized healthy food delivery systems and access points.
- **20** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Menifee County had:

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

In the county, there were:

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

In 2011, there were **\$120,132.20** in SNAP redemptions/per SNAP authorized store in Menifee County.<sup>4</sup>

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

- **2,000** people made lifestyle changes to improve health.
- **2,050** people implemented practices for safe storage, handling, and preparation of food.
- **2,000** families/caregivers reported eating more healthy foods.

## FOOD ASSISTANCE

In Menifee County...

- **639** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, down from **652** children in 2007 (**down 2.0%**).<sup>9</sup>
- **76.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **926** SNAP cases and the monthly SNAP benefit level was **\$247.42**.<sup>8</sup>

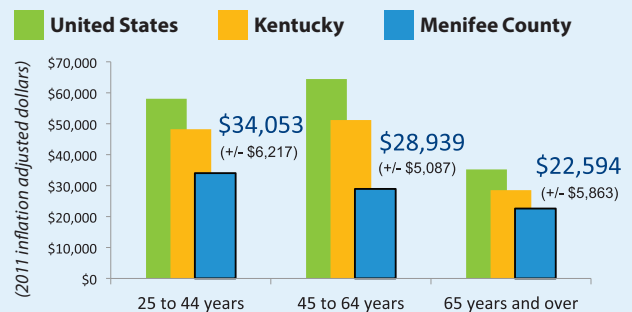
Menifee County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **3,000** people adopted practices to increase food access and affordability.
- **1,000** people supplemented their diets with healthy foods they produced or preserved.
- **1,425** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Menifee 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