



## MERCER COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

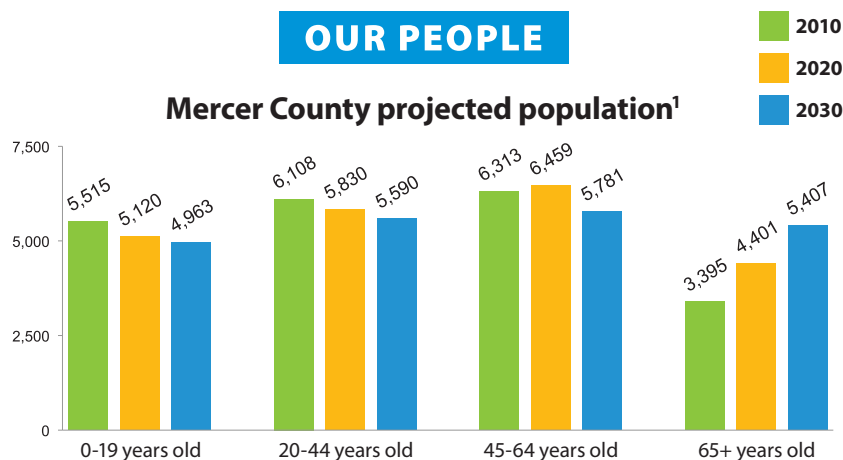
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Mercer County. To help families make wise decisions, our educational programs focus on:

- **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 **5,671** contacts with Mercer County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## MELT DOWN MERCER COUNTY

The obesity epidemic threatens the quality and years of life for Kentuckians, placing individuals at increased risk for many chronic health conditions. These include type 2 diabetes, heart disease, stroke, and some types of cancers. To promote improved health and wellness, the Mercer County Extension Service staff partnered with various organizations to provide "Melt Down Mercer County," three 10-week programs focusing on healthy consumption of fruits and vegetables balanced with moderate physical activity. The program reached over 200 people, who lost a cumulative 192 pounds. One female participant shared that involvement in the program led to a real change of practice within her entire family. Her son is making healthier snack choices and her waistline has decreased.

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

## FAMILY ACCESS

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

- **15.3%** (+/- 5.4) of families with children were below poverty
- **11.0%** (+/- 3.3) of those ages 65 and over were below poverty
- **24.7%** (+/- 2.2) of households had retirement income
- **5.9%** (+/- 1.8) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Mercer County had **3,906** people, **993** children and **640** seniors with low access to a supermarket or large grocery store.\*

In addition, **1,455** residents had **both** low income **and** low access to stores.

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

- **1,919** people demonstrated an increase in practical living skills.
- **168** people utilized healthy food delivery systems and access points.
- **548** people are ready to enter the work force.

## COMMUNITY AVAILABILITY

In 2011, Mercer County had:

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

In the county, there were:

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

In 2011, there were **\$269,606.50** in SNAP redemptions/per SNAP authorized store in Mercer County.<sup>4</sup>

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

- **61** people made lifestyle changes to improve health.
- **57** people increased knowledge of safe storage, handling, and preparation of food.
- **47** families spent time together in physical activity.

## FOOD ASSISTANCE

In Mercer County...

- **1,340** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **1,022** children in 2007 (**up 31.1%**).<sup>9</sup>
- **50.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **1,747** SNAP cases and the monthly SNAP benefit level was **\$262.62**.<sup>8</sup>

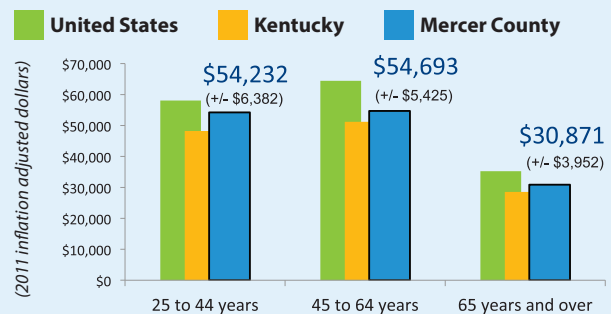
Mercer County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **109** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **275** families/caregivers were reached with information on accessing healthy foods.
- **96** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Mercer 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>
- \* 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