



MONTGOMERY COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

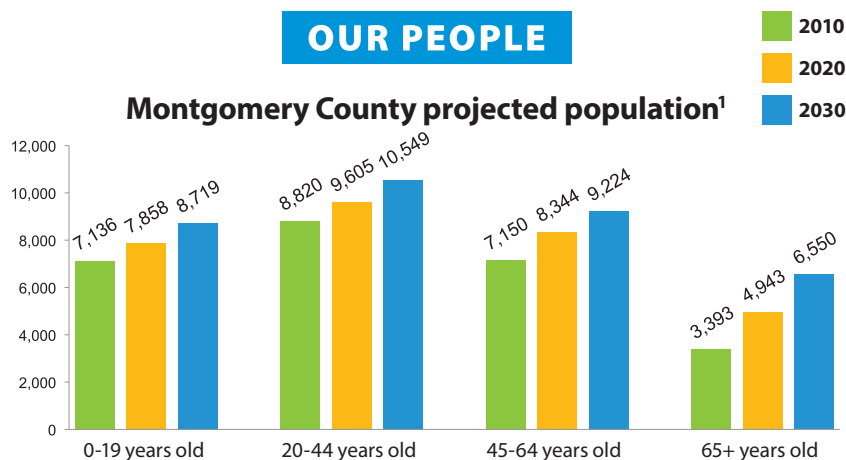
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Montgomery County. To help families make wise decisions, our educational programs focus on:

- **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 **17,419** contacts with Montgomery County individuals and families.²

OUR PEOPLE

Montgomery County projected population¹



SPOTLIGHT ON ...

FOOD SECURITY

Incidence of chronic disease, high poverty rates, lack of physical activity, and lack of knowledge about food safety and nutrition all point to the need for better informed, healthier lifestyle choices. The Montgomery County Family and Consumer Sciences program sought to address this need by providing information on stir-fry cooking, safe cooking with pressure, and gluten-free diets. To improve food security, Montgomery County Homemakers contributed 200 cans of food and \$130 to the Emergency Food Pantry. Additional food is provided to homeless, seniors, and youth. Local partners included: the health department, elected officials, senior citizens, Family Based Services, WIC, CAP, Emergency Management, the fire department, the school system, and the Early Childhood Council.

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

FAMILY ACCESS

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

- **28.1%** (+/- 4.7) of families with children were below poverty
- **19.9%** (+/- 4.9) of those ages 65 and over were below poverty
- **18.1%** (+/- 2.1) of households had retirement income
- **8.6%** (+/- 2.4) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Montgomery County had **5,751** people, **1,304** children and **885** seniors with low access to a supermarket or large grocery store.*

In addition, **2,687** residents had **both** low income **and** low access to stores.

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

- **1,063** people demonstrated an increase in practical living skills.
- **2,100** people utilized healthy food delivery systems and access points.
- **757** people increased knowledge of economic and enterprise development.

COMMUNITY AVAILABILITY

In 2011, Montgomery County had:

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

In the county, there were:

- **4** Roadside markets that served the county⁶
- **1** Farmers market location⁷
- **39** SNAP** authorized stores (food stamps)⁴
- **7** WIC*** authorized stores⁴

In 2011, there were **\$350,453.38** in SNAP redemptions/per SNAP authorized store in Montgomery County.⁴

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

- **543** people made lifestyle changes to improve health.
- **7,500** people increased knowledge of healthy food consumption.
- **512** people increased knowledge of safe storage, handling, and preparation of food.

FOOD ASSISTANCE

In Montgomery County...

- **2,216** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **1,644** children in 2007 (**up 34.8%**).⁹
- **57.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **3,153** SNAP cases and the monthly SNAP benefit level was **\$268.18**.⁸

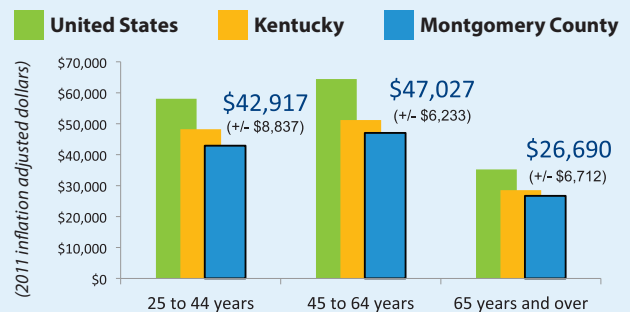
Montgomery County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **180** people adopted practices to increase food access and affordability.
- **820** youth increased their knowledge of healthy food consumption.
- **13,000** people were reached with information on health and safety.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Montgomery 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