



## MORGAN COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

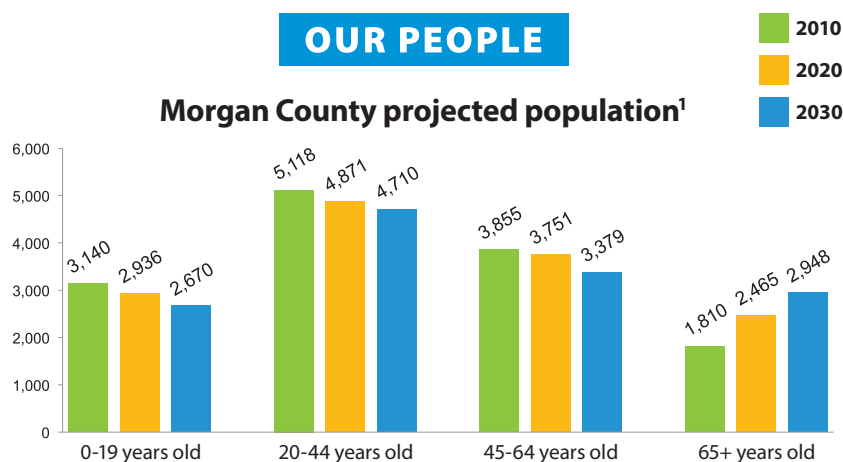
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Morgan County. To help families make wise decisions, our educational programs focus on:

- **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 **24,871** contacts with Morgan County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## TURTLE CHALLENGE

The obesity epidemic threatens not only the quality of life, but also the length of life among people in Morgan County. The rate of sedentary lifestyle in the county has been reported at nearly 70 percent. To address these issues, the Morgan County Family and Consumer Sciences agent partnered with four community organizations to conduct a county-wide physical activity program entitled, "Turtle Challenge," reaching 441 participants. Participants logged hours of physical activity and worked in teams within their community, workplace, church, community group, or family. Participants were challenged to meet a physical activity goal of 150 minutes per week. Final reports received to date indicate that 64 percent met the goal of increased physical activity. Many participants reported weight loss as well.

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

## FAMILY ACCESS

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

- **29.4%** (+/- 6.7) of families with children were below poverty
- **16.1%** (+/- 5.1) of those ages 65 and over were below poverty
- **20.9%** (+/- 3.1) of households had retirement income
- **7.6%** (+/- 2.1) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Morgan County had **1,411** people, **344** children and **242** seniors with low access to a supermarket or large grocery store.\*

In addition, **668** residents had **both** low income **and** low access to stores.

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

- **423** people demonstrated an increase in practical living skills.
- **63** people utilized healthy food delivery systems and access points.
- **327** people increased leadership knowledge and skills.

## COMMUNITY AVAILABILITY

In 2011, Morgan County had:

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

In the county, there were:

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

In 2011, there were **\$227,034.61** in SNAP redemptions/per SNAP authorized store in Morgan County.<sup>4</sup>

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

- **677** people increased knowledge of healthy food consumption.
- **555** people implemented practices for safe storage, handling, and preparation of food.
- **816** people increased knowledge of lifestyle changes to improve personal health.

## FOOD ASSISTANCE

In Morgan County...

- **1,150** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **1,122** children in 2007 (**up 2.5%**).<sup>9</sup>
- **70.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **1,672** SNAP cases and the monthly SNAP benefit level was **\$239.47**.<sup>8</sup>

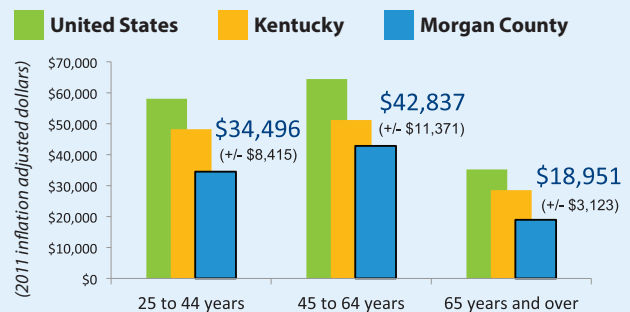
Morgan County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **391** people reported eating more healthy foods.
- **1,020** people were reached with information on eating healthy foods.
- **312** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Morgan 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/dcb/dcb\\_data\\_book.htm](http://chfs.ky.gov/dcb/dcb_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