



## MUHLENBERG COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

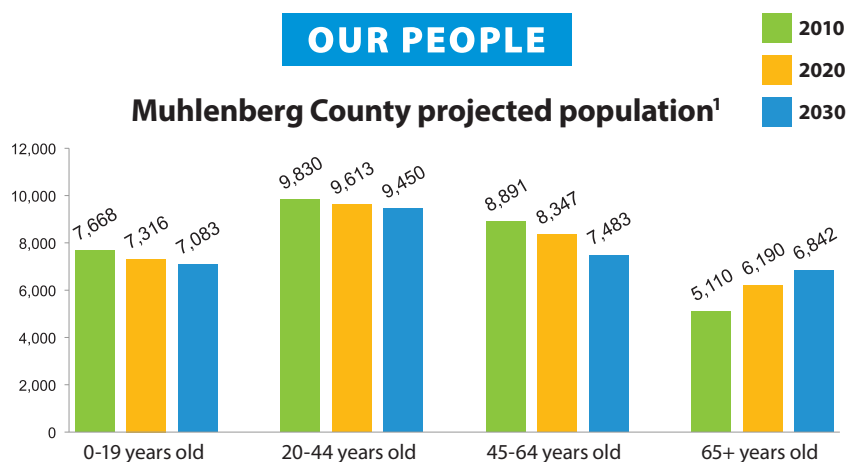
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Muhlenberg County. To help families make wise decisions, our educational programs focus on:

- **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 **11,281** contacts with Muhlenberg County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## ACCESSING NUTRITIOUS FOODS

According to the Centers for Disease Control and Prevention, Kentucky ranks among the 10 highest in the nation for obesity and Kentucky adults rank among the 10 highest for poor consumption of fruits and vegetables. Nutrition education programs are part of the Muhlenberg County Family and Consumer Sciences program's plan to address these challenges. Activities have focused on Farmers Market, gardening, food preservation, pre-school and elementary programs, home-based microprocessing workshop, "Professor Popcorn" and "Organwise." One particular program, "Food Explorers", introduced an unfamiliar food into the diets of 518 elementary school students every month for six months. Programs and workshops designed to increase knowledge and understanding of healthy eating, food safety, and food resource management reached 3,869 contacts.

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

## FAMILY ACCESS

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

- **23.9%** (+/- 4.5) of families with children were below poverty
- **11.7%** (+/- 2.8) of those ages 65 and over were below poverty
- **25.3%** (+/- 2.0) of households had retirement income
- **6.0%** (+/- 1.3) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Muhlenberg County had **1,406** people, **337** children and **239** seniors with low access to a supermarket or large grocery store.\*

In addition, **554** residents had **both** low income **and** low access to stores.

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

- **153** people in "Stand Up to Falling" understand how to reduce the risk of falling.
- **131** people utilized healthy food delivery systems and access points.
- **459** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Muhlenberg County had:

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

In the county, there were:

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

In 2011, there were **\$285,537.68** in SNAP redemptions/per SNAP authorized store in Muhlenberg County.<sup>4</sup>

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

- **479** people increased knowledge of healthy food consumption.
- **436** people increased knowledge of lifestyle changes to improve personal health.
- **428** people understand the benefits of spending time together in physical activity.

## FOOD ASSISTANCE

In Muhlenberg County...

- **2,237** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **1,922** children in 2007 (**up 16.4%**).<sup>9</sup>
- **55.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **2,996** SNAP cases and the monthly SNAP benefit level was **\$258.75**.<sup>8</sup>

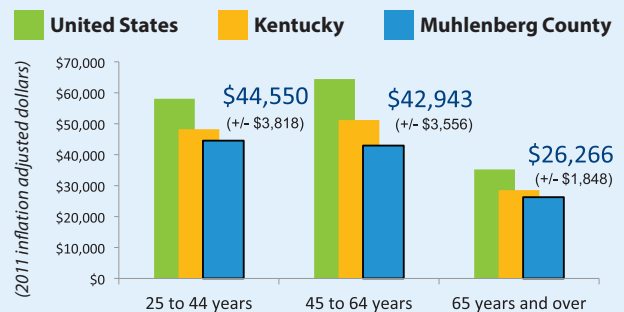
Muhlenberg County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **122** people adopted practices to increase food access and affordability.
- **2,360** families/caregivers were reached with information on accessing healthy foods.
- **371** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

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