Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Nelson 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 8,680 contacts with Nelson County individuals and families.

More than 40 people have participated in the "Biggest Loser: Nelson County" weight-loss competition since it began two years ago. The 10-week competition includes five educational sessions and dinner demonstrations. Participants learn about portion control, calorie intake, and preparation of meals. Nelson County extension staff invited local gym owners to address working out safely and effectively at home. The group has cumulatively lost more than 2,000 pounds. Over 75 percent said that the competition initiated long-term behavior change, and many still go to the gym regularly. Ninety percent of participants have maintained or continued to lose weight. One individual who lost more than 50 pounds said the competition was, "just what I needed, when I needed it. It saved my life."
According to the 2007-2011 American Community Survey, in Nelson County:

- 19.7% (+/- 4.1) of families with children were below poverty
- 7.6% (+/- 2.2) of those ages 65 and over were below poverty
- 20.5% (+/- 1.6) of households had retirement income
- 4.6% (+/- 1.3) of households had no vehicle

The USDA Food Environment Atlas\(^4\) indicates that in 2010, Nelson County had 6,237 people, 1,447 children and 936 seniors with low access to a supermarket or large grocery store.*

In addition, 1,951 residents had both low income and low access to stores.

As a result of participating in Nelson County Extension programs:\(^2\)
- 1,592 people demonstrated an increase in practical living skills.
- 570 people utilized healthy food delivery systems and access points.
- 377 people were involved in addressing community issues.

In Nelson County...

- 2,887 was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 2,049 children in 2007 (up 40.9%).\(^9\)
- 55.0% of students attending public schools were eligible for free or reduced-price meals.\(^9\)
- There were 3,443 SNAP cases and the monthly SNAP benefit level was $275.74.\(^8\)

Nelson County is served by Feeding America, Kentucky’s Heartland of the Ky. Assoc. of Food Banks.\(^10\)

As a result of participating in Nelson County Extension programs:\(^2\)
- 925 people increased knowledge of safe storage, handling and preparation of food.
- 5,643 families/caregivers were reached with information on accessing healthy foods.
- 1,111 youth increased their knowledge of healthy food consumption.

In 2011, Nelson County had:
- 4 Grocery stores (any kind)\(^3\)
  - 4 Grocery/supermarkets (except convenience)\(^5\)
  - 0 Convenience stores (i.e. food marts – no gas)\(^5\)
- 27 Gasoline stations with convenience stores\(^5\)

In the county, there were:
- 6 Roadside markets that served the county\(^6\)
- 3 Farmers market locations\(^7\)
- 47 SNAP** authorized stores (food stamps)\(^4\)
- 5 WIC*** authorized stores\(^4\)

In 2011, there were $258,548.89 in SNAP redemptions/per SNAP authorized store in Nelson County.\(^4\)

As a result of participating in Nelson County Extension programs:\(^2\)
- 925 people increased knowledge of safe storage, handling and preparation of food.
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- 1,111 youth increased their knowledge of healthy food consumption.

**  Supplemental Nutrition Assistance Program
***  The Special Supplemental Nutrition Program for Women, Infants and Children

Communities

As a result of participating in Nelson County Extension programs:\(^2\)
- 637 people made lifestyle changes to improve health.
- 1,715 people increased knowledge of healthy food consumption.
- 2,834 people increased knowledge of lifestyle changes to improve personal health.

Median household income in past 12 months by age of household in Nelson County (2007-2011)\(^3\)

<table>
<thead>
<tr>
<th>Age of Householder</th>
<th>United States</th>
<th>Kentucky</th>
<th>Nelson County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$50,091 (+/- $5,070)</td>
<td>$50,842 (+/- $3,901)</td>
<td>$32,212 (+/- $2,916)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>65 years and over</td>
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<td></td>
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</tr>
</tbody>
</table>

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. \(\text{http://www.ers.usda.gov/}
\(\text{data-products/food-environment-atlas.aspx}\)
\(^6\) Kentucky Farm Bureau. \(\text{https://www.kyfb.com/federation/markets}\)
\(^7\) Kentucky Dept. of Agriculture Farmer’s Market directory. \(\text{http://www.kyagr.com/marketing/farmers-market-directory.aspx}\)
\(^9\) Kids Count Data Center, KY Youth Advocates.
\(^10\) Kentucky Association of Food Banks. \(\text{http://www.kafb.org}\)

*  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
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