



NELSON COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

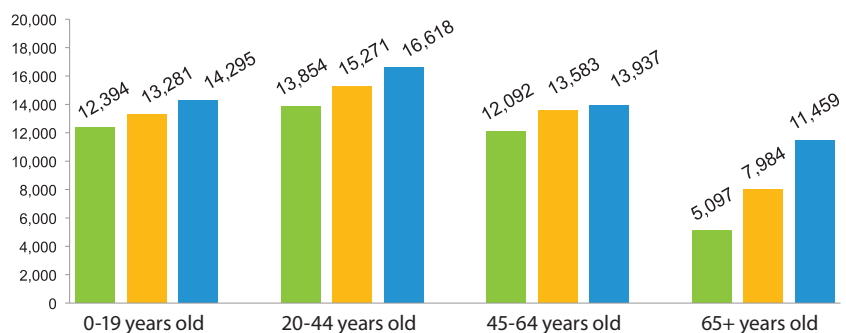
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Nelson County. To help families make wise decisions, our educational programs focus on:

- **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.²

OUR PEOPLE

Nelson County projected population¹



SPOTLIGHT ON ...

BIGGEST LOSER: NELSON COUNTY

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."

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

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ 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 Atlas⁴ 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.

COMMUNITY AVAILABILITY

In 2011, Nelson County had:

- **4** Grocery stores (any kind)⁵
 - **4** Grocery/supermarkets (except convenience)⁵
 - **0** Convenience stores (i.e. food marts – no gas)⁵
- **27** Gasoline stations with convenience stores⁵

In the county, there were:

- **6** Roadside markets that served the county⁶
- **3** Farmers market locations⁷
- **47** SNAP** authorized stores (food stamps)⁴
- **5** WIC*** authorized stores⁴

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

- **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.

FOOD ASSISTANCE

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

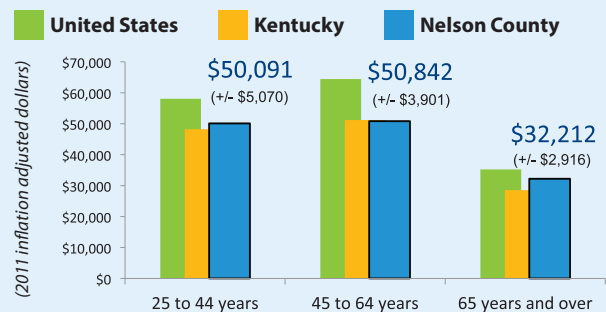
Nelson County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

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.

HOUSEHOLD INCOME

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