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 Ohio 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 7,527 contacts with Ohio County individuals and families.

Our People

Ohio County projected population

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19 years old</td>
<td>6,546</td>
<td>6,574</td>
<td>6,458</td>
</tr>
<tr>
<td>20-44 years old</td>
<td>7,168</td>
<td>7,161</td>
<td>7,377</td>
</tr>
<tr>
<td>45-64 years old</td>
<td>6,456</td>
<td>6,508</td>
<td>6,183</td>
</tr>
<tr>
<td>65+ years old</td>
<td>3,682</td>
<td>4,538</td>
<td>6,287</td>
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</tbody>
</table>

Spotlight on...

Back to the Food Basics

The Ohio County FCS agent and Migrant Summer School Program staff collaborated to address a number of knowledge and skill gaps among students in the summer program, including: gardening, nutrition and health, accessing nutritious foods, etiquette, leadership and communication skills. An average of 9 to 12 students attended all four weekly meetings. Students planted vegetables in a salad table, harvested and took home the leftover produce. They tasted "Plate It Up! Kentucky Proud" recipes and took samples home to family. Students were provided a small meal, giving them an opportunity to practice proper etiquette in an educational setting. Students' skills were observed and evaluated in an authentic, public setting. All students used appropriate manners, prompting compliments from the wait staff.

http://hes.uky.edu/StrongFamilies
According to the 2007-2011 American Community Survey, in Ohio County...

- **25.6% (+/- 4.3)** of families with children were below poverty
- **13.1% (+/- 4.0)** of those ages 65 and over were below poverty
- **21.7% (+/- 2.4)** of households had retirement income
- **6.7% (+/- 1.6)** of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Ohio County had **2,459** people, **619** children and **354** seniors with low access to a supermarket or large grocery store.

In addition, **1,076** residents had **both** low income and low access to stores.

**As a result of participating in Ohio County Extension programs:**

- **1,596** people demonstrated an increase in practical living skills.
- **504** people utilized healthy food delivery systems and access points.
- **483** people were involved in addressing community issues.

**COMMUNITY AVAILABILITY**

In 2011, Ohio County had:

- **10** Grocery stores (any kind)
- **2** Grocery/supermarkets (except convenience)
- **8** Convenience stores (i.e. food marts – no gas)
- **6** Gasoline stations with convenience stores

In the county, there were:

- **1** Roadside market that served the county
- **1** Farmers market location
- **28** SNAP authorized stores (food stamps)
- **3** WIC authorized stores

In 2011, there were **$200,279.05** in SNAP redemptions per SNAP authorized store in Ohio County.

**FOOD ASSISTANCE**

In Ohio County...

- **1,959** was the average monthly number of children who received SNAP (food stamps) in 2011, up from **1,676** children in 2007 (up 16.9%).
- **64.0%** of students attending public schools were eligible for free or reduced-price meals.
- There were **2,236** SNAP cases and the monthly SNAP benefit level was **$266.74**.

Ohio County is served by Feeding America, Kentucky’s Heartland of the Ky. Assoc. of Food Banks.

**As a result of participating in Ohio County Extension programs:**

- **1,350** people in Plate it Up! Kentucky Proud indicated they are more likely to buy produce.
- **2,629** families/caregivers were reached with information on accessing healthy foods.
- **3,288** youth increased their knowledge of healthy food consumption.

**HOUSEHOLD INCOME**

**Median household income in past 12 months by age of householder in Ohio County (2007-2011)**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>United States</th>
<th>Kentucky</th>
<th>Ohio County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$43,576 (+/- $4,331)</td>
<td>$50,494 (+/- $3,033)</td>
<td>$24,153 (+/- $2,308)</td>
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<tr>
<td>45 to 64 years</td>
<td></td>
<td></td>
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<tr>
<td>65 years and over</td>
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**SOURCES**

1. Kentucky State Data Center
2. Kentucky Cooperative Extension Service Reporting, FY 2013
3. 2007-2011 American Community Survey, 5-Year Estimates
9. [http://www.kafb.org](http://www.kafb.org)
10. Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
11. The Special Supplemental Nutrition Program for Women, Infants and Children

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.