



OHIO COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

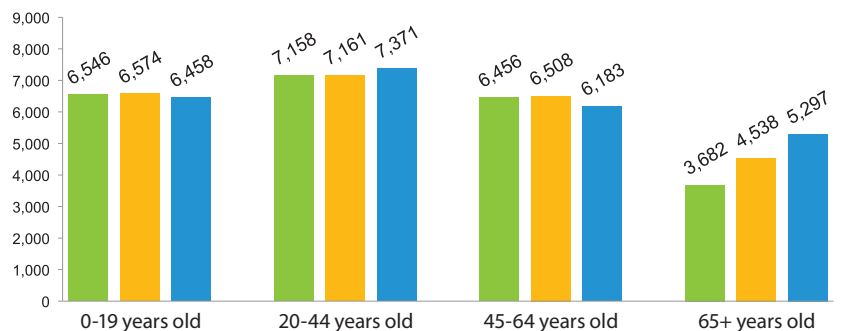
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Ohio County. To help families make wise decisions, our educational programs focus on:

- **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.²

OUR PEOPLE

Ohio County projected population¹



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>

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ 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 Atlas⁴ 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:²

- **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)⁵
 - **2** Grocery/supermarkets (except convenience)⁵
 - **8** Convenience stores (i.e. food marts – no gas)⁵
- **6** Gasoline stations with convenience stores⁵

In the county, there were:

- **1** Roadside market that served the county⁶
- **1** Farmers market location⁷
- **28** SNAP** authorized stores (food stamps)⁴
- **3** WIC*** authorized stores⁴

In 2011, there were **\$200,279.05** in SNAP redemptions/per SNAP authorized store in Ohio County.⁴

As a result of participating in Ohio County Extension programs:²

- **1,479** people increased knowledge of healthy food consumption.
- **567** people increased knowledge of lifestyle changes to improve personal health.
- **921** people understand the benefits of spending time together in physical activity.

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%**).⁹
- **64.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,236** SNAP cases and the monthly SNAP benefit level was **\$266.74**.⁸

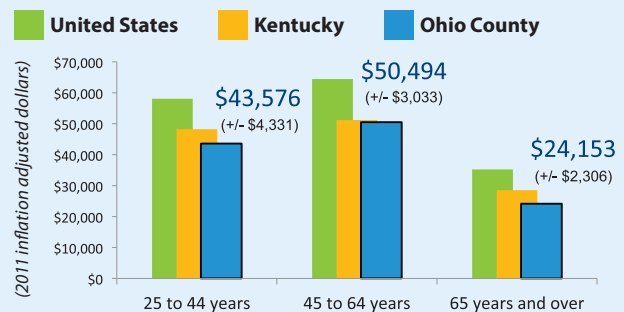
Ohio County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

As a result of participating in Ohio County Extension programs:²

- **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)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