



## PENDLETON COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

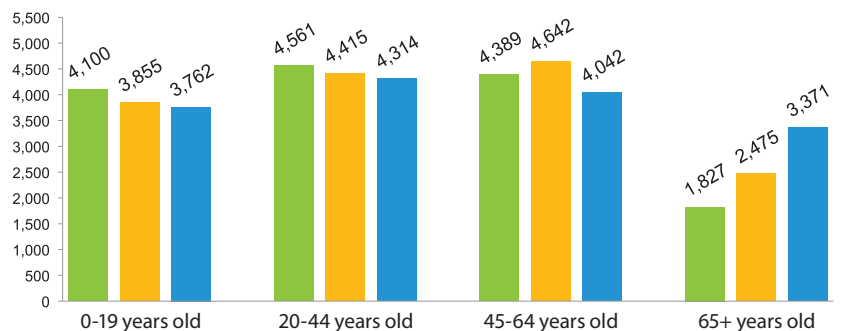
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Pendleton County. To help families make wise decisions, our educational programs focus on:

- **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 **17,507** contacts with Pendleton County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## RECIPE FOR LIFE

According to the Search Institute's "Power of Assets" article, family meals, literacy, and nutrition are key components of family assets that help children grow into healthy, caring, and responsible adults. To develop these assets, the Pendleton County Extension Service and community partners presented the "Recipe for Life" project to 263 fifth-grade students and families. Students worked in small groups to read and prepare a recipe, then submit a family recipe and story for the "Recipe for Life" cookbook. Four months after the project, parents indicated that: youth were more willing to help in the kitchen (67 percent); parents better understand the importance of eating family meals together (92 percent); and parents will plan more family meals together (72 percent).

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

## FAMILY ACCESS

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

- **23.0%** (+/- 5.9) of families with children were below poverty
- **8.4%** (+/- 4.2) of those ages 65 and over were below poverty
- **20.1%** (+/- 2.7) of households had retirement income
- **6.1%** (+/- 1.9) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Pendleton County had **227** households with no vehicle and low access to a supermarket or large grocery store.\*

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

- **909** people increased leadership knowledge and skills.
- **125** people utilized healthy food delivery systems and access points.
- **621** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Pendleton County had:

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

In the county, there were:

- **3** Roadside markets that served the county<sup>6</sup>
- **1** Farmers market location<sup>7</sup>
- **11** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **2** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$165,521.35** in SNAP redemptions/per SNAP authorized store in Pendleton County.<sup>4</sup>

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

- **1,791** people made lifestyle changes to improve health.
- **6,791** people increased knowledge of lifestyle changes to improve personal health.
- **1,289** people reported eating more healthy foods.

## FOOD ASSISTANCE

In Pendleton County...

- **1,097** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **851** children in 2007 (**up 28.9%**).<sup>9</sup>
- **54.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **1,323** SNAP cases and the monthly SNAP benefit level was **\$286.92**.<sup>8</sup>

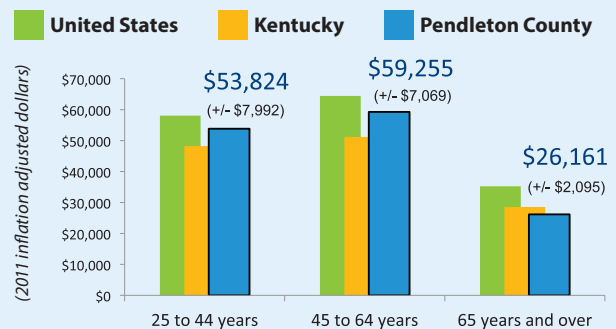
Pendleton County is served by Freestore Foodbank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **452** people supplemented their diets with healthy foods they produced or preserved.
- **6,315** families/caregivers were reached with information on accessing healthy foods.
- **1,957** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

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

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