



PULASKI COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

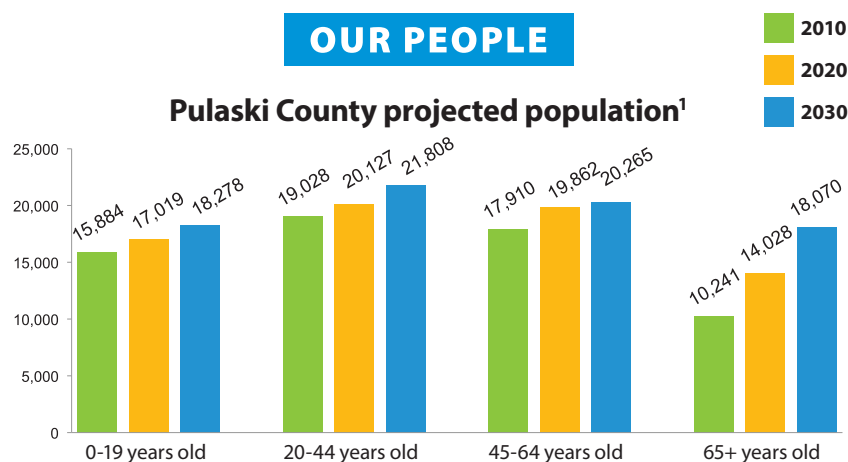
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Pulaski County. To help families make wise decisions, our educational programs focus on:

- **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 **31,464** contacts with Pulaski County individuals and families.²

OUR PEOPLE

Pulaski County projected population¹



SPOTLIGHT ON ...

POP OFF POUNDS IN PULASKI CO.

The Pulaski County Extension Service offers nutrition classes throughout the year promoting healthy eating and physical activity for all. One such example is the "Pop Off Pounds in Pulaski County" contest in which 185 individuals cumulatively lost over 600 pounds. While the majority of the participants were female, 30 males also enrolled in the program. The contest winner lost more than 50 pounds during the 12-week program. Program participants heard about the benefits of eating healthy and being physically active on a daily basis. Four months after the program ended, the participants who lost the most weight reported they had kept the weight off by following the "Plate It Up! Kentucky Proud" program suggestions and continuing to be active daily.

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

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ in Pulaski County...

- **27.7%** (+/- 3.7) of families with children were below poverty
- **18.5%** (+/- 2.8) of those ages 65 and over were below poverty
- **19.2%** (+/- 1.4) of households had retirement income
- **8.5%** (+/- 1.0) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Pulaski County had **8,831** people, **2,077** children and **1,380** seniors with low access to a supermarket or large grocery store.*

In addition, **4,053** residents had **both** low income **and** low access to stores.

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

- **800** people demonstrated an increase in practical living skills.
- **433** people utilized healthy food delivery systems and access points.
- **457** people increased leadership knowledge and skills.

COMMUNITY AVAILABILITY

In 2011, Pulaski County had:

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

In the county, there were:

- **7** Roadside markets that served the county⁶
- **5** Farmers market locations⁷
- **91** SNAP** authorized stores (food stamps)⁴
- **16** WIC*** authorized stores⁴

In 2011, there were **\$241,664.15** in SNAP redemptions/per SNAP authorized store in Pulaski County.⁴

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

- **667** people in Managing in Tough Times: Moneywise became aware of how to manage current economic events.
- **182** people implemented practices for safe storage, handling, and preparation of food.
- **115** people in Stand Up to Falling understand how to reduce the risk of falling.

FOOD ASSISTANCE

In Pulaski County...

- **5,133** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **4,056** children in 2007 (**up 26.6%**).⁹
- **62.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **6,959** SNAP cases and the monthly SNAP benefit level was **\$262.02**.⁸

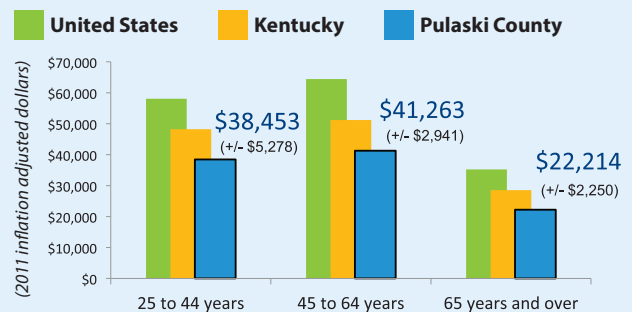
Pulaski County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **608** people in Plate it Up! Kentucky Proud indicated they are more likely to buy produce.
- **182** people increased knowledge about eating healthy foods.
- **386** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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

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