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.

**OUR FOCUS**

<table>
<thead>
<tr>
<th>Pulaski County projected population1</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19 years old</td>
</tr>
<tr>
<td>15,884</td>
</tr>
<tr>
<td>20,127</td>
</tr>
<tr>
<td>18,867</td>
</tr>
<tr>
<td>14,028</td>
</tr>
</tbody>
</table>

**OUR PEOPLE**

**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.
According to the 2007-2011 American Community Survey, 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 Atlas 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:
- 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.

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

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

As a result of participating in Pulaski County Extension programs:
- 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.

COMMUNITY AVAILABILITY

In 2011, Pulaski County had:
- 22 Grocery stores (any kind)
  - 18 Grocery/supermarkets (except convenience)
  - 4 Convenience stores (i.e. food marts – no gas)
- 26 Gasoline stations with convenience stores

In the county, there were:
- 7 Roadside markets that served the county
- 5 Farmers market locations
- 91 SNAP authorized stores (food stamps)
- 16 WIC authorized stores

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

As a result of participating in Pulaski County Extension programs:
- 667 people in Managing in Tough Times: Moneywi$e 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.

HOUSEHOLD INCOME

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>United States</th>
<th>Kentucky</th>
<th>Pulaski County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$38,453 (+$6,278)</td>
<td>$41,263 (+$2,941)</td>
<td>$22,214 (+$2,250)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65 years and over</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SOURCES
1. Kentucky State Data Center
2. Kentucky Cooperative Extension Service Reporting, FY 2013
3. 2007-2011 American Community Survey, 5-Year Estimates
11. Food Access is an Economic Enabler: The Special Supplemental Nutrition Assistance Program
12. Prevention Nutrition Assistance Program