



ROBERTSON COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

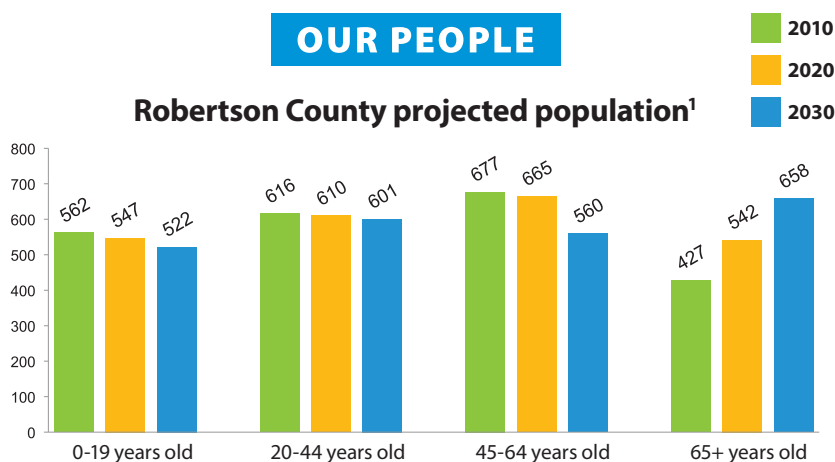
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Robertson County. To help families make wise decisions, our educational programs focus on:

- **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 **12,710** contacts with Robertson County individuals and families.²

OUR PEOPLE

Robertson County projected population¹



SPOTLIGHT ON ...

HEALTHY SNACKS FOR YOUTH

In an effort to lessen the incidence of chronic diseases in future generations, the Robertson County Family and Consumer Sciences staff and volunteers developed a program to teach children how to cook healthy snacks and meals. In its third year, the after-school monthly classes continue to average more than 25 elementary youth and 10 adults per session. Program evaluations revealed that the youth developed satisfactory cooking skills; 92 percent learned a lot about the importance of cleanliness and proper hand-washing; and 84 percent said they now cook more and try to eat healthier at home. Parents reported that their children are more patient during meal preparation and now help with meals in productive ways.

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

FAMILY ACCESS

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

- **32.6%** (+/-20.4) of families with children were below poverty
- **15.0%** (+/-10.3) of those ages 65 and over were below poverty
- **22.8%** (+/-7.0) of households had retirement income
- **6.3%** (+/-4.0) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Robertson County had **1,705** people, **368** children and **307** seniors with low access to a supermarket or large grocery store.*

In addition, **873** residents had **both** low income **and** low access to stores.

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

- **105** people demonstrated an increase in practical living skills.
- **150** people utilized healthy food delivery systems and access points.
- **24** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

COMMUNITY AVAILABILITY

In 2011, Robertson County had:

- **1** Grocery store (any kind)⁵
 - **1** Grocery/supermarket (except convenience)⁵
 - **0** Convenience stores (i.e. food marts – no gas)⁵
- **0** Gasoline stations with convenience stores⁵

In the county, there were:

- **2** Roadside markets that served the county⁶
- **0** Farmers market locations⁷
- **4** SNAP** authorized stores (food stamps)⁴
- **0** WIC*** authorized stores⁴

In 2008, there were **\$18,986** in SNAP redemptions/per SNAP authorized store in Robertson County.

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

- **45** people made lifestyle changes to improve health.
- **55** people implemented practices for safe storage, handling, and preparation of food.
- **160** people increased knowledge of healthy food consumption.

FOOD ASSISTANCE

In Robertson County...

- **186** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **132** children in 2007 (**up 40.9%**).⁹
- **61.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **229** SNAP cases and the monthly SNAP benefit level was **\$288.03**.⁸

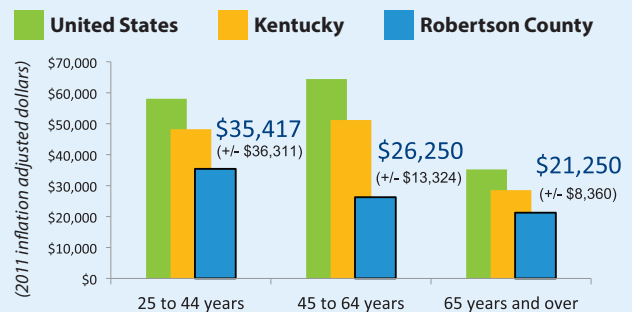
Robertson County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **130** people adopted practices to increase food access and affordability.
- **420** families/caregivers were reached with information on accessing healthy foods.
- **181** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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