



ROCKCASTLE COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

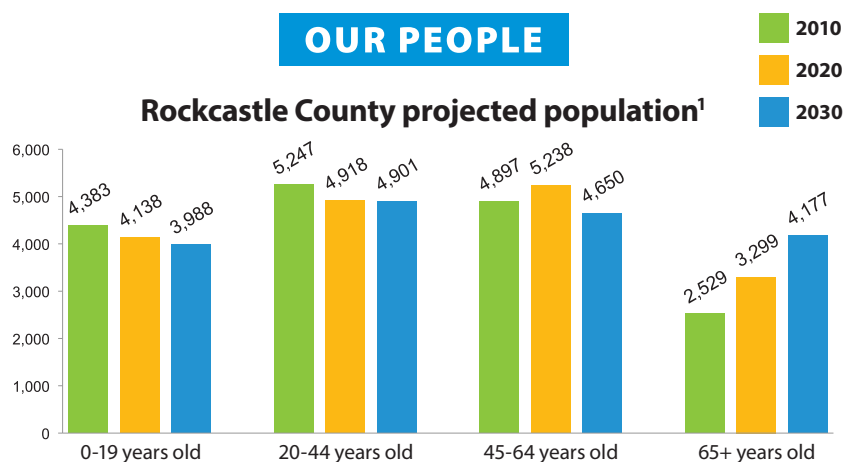
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Rockcastle County. To help families make wise decisions, our educational programs focus on:

- **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 **12,454** contacts with Rockcastle County individuals and families.²

OUR PEOPLE

Rockcastle County projected population¹



SPOTLIGHT ON ...

YOUTH LEARN ABOUT FOODS

The Rockcastle County Extension Service collaborated with five community partners to help youth understand where food comes from and encourage healthy food choices. About 300 fourth-graders were involved in activities demonstrating the path from farm to table. Rockcastle County High School students had an opportunity to taste a variety of fruits and vegetables. Each Tuesday for four weeks, FCS students prepared a recipe featuring a fruit or vegetable as the main ingredient. On Wednesday, 800 students had a chance to taste the food item during their lunch break. Results from surveys and student responses showed that students preferred fruit dishes over vegetable dishes. Students were more likely to taste a new food if they had helped to prepare the food item.

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

FAMILY ACCESS

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

- **31.0%** (+/- 5.9) of families with children were below poverty
- **27.0%** (+/- 7.0) of those ages 65 and over were below poverty
- **20.6%** (+/- 3.3) of households had retirement income
- **8.6%** (+/- 2.1) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Rockcastle County had **431** people, **73** children and **91** seniors with low access to a supermarket or large grocery store.*

In addition, **201** residents had **both** low income **and** low access to stores.

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

- **1,557** people demonstrated an increase in practical living skills.
- **465** people utilized healthy food delivery systems and access points.
- **36** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Rockcastle County had:

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

In the county, there were:

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

In 2011, there were **\$233,848.02** in SNAP redemptions/per SNAP authorized store in Rockcastle County.⁴

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

- **9,720** people increased knowledge of healthy food consumption.
- **924** people increased knowledge of lifestyle changes to improve personal health.
- **1,230** people reported eating more healthy foods.

FOOD ASSISTANCE

In Rockcastle County...

- **1,547** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **1,319** children in 2007 (**up 17.3%**).⁹
- **68.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,276** SNAP cases and the monthly SNAP benefit level was **\$258.67**.⁸

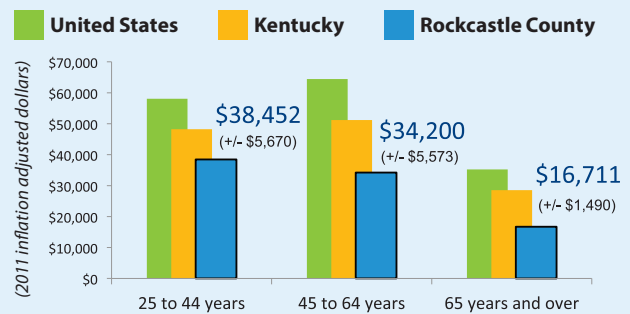
Rockcastle County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **135** people adopted practices to increase food access and affordability.
- **5,550** families/caregivers were reached with information on accessing healthy foods.
- **2,523** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Rockcastle 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>
- ** Supplemental Nutrition Assistance Program
- *** The Special Supplemental Nutrition Program for Women, Infants and Children

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