



SCOTT COUNTY

Connie Minch,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

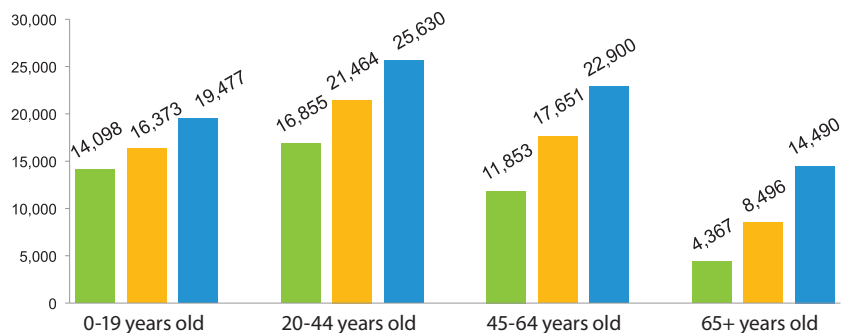
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Scott County. To help families make wise decisions, our educational programs focus on:

- **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 **17,678** contacts with Scott County individuals and families.²

OUR PEOPLE

Scott County projected population¹



SPOTLIGHT ON ...

LEAN IN 2013

"Lean In 2013" was an educational program designed to promote lifestyle changes that would result in long-term weight loss among participants. A coalition of community partners organized the program to address the overweight and physical inactivity issues that plague Scott County and the Commonwealth. One hundred eighty-one people began the 10-week program, with 59 completing all 10 weeks and participating in the final weigh-in. The program featured 28 learning and physical activity opportunities and resulted in a cumulative weight loss of 1,099 pounds. In support of the "Lean In 2013" effort, Scott County FCS also conducted a "Get Moving Kentucky" series to supplement the "Lean in 2013" efforts. Participants reported completing 3,668 physical activity miles.

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

FAMILY ACCESS

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

- **16.9%** (+/- 3.8) of families with children were below poverty
- **8.1%** (+/- 2.7) of those ages 65 and over were below poverty
- **16.9%** (+/- 1.6) of households had retirement income
- **6.1%** (+/- 1.3) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Scott County had **7,942** people, **2,451** children and **568** seniors with low access to a supermarket or large grocery store.*

In addition, **1,891** residents had **both** low income **and** low access to stores.

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

- **1,474** people demonstrated an increase in practical living skills.
- **84** people utilized healthy food delivery systems and access points.
- **675** people increased leadership knowledge and skills.

COMMUNITY AVAILABILITY

In 2011, Scott County had:

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

In the county, there were:

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

In 2011, there were **\$353,770.92** in SNAP redemptions/per SNAP authorized store in Scott County.⁴

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

- **297** people increased knowledge of healthy food consumption.
- **700** people increased knowledge of lifestyle changes to improve personal health.
- **495** people understand the benefits of spending time together in physical activity.

FOOD ASSISTANCE

In Scott County...

- **2,841** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **2,029** children in 2007 (**up 40.0%**).⁹
- **39.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **3,257** SNAP cases and the monthly SNAP benefit level was **\$294.95**.⁸

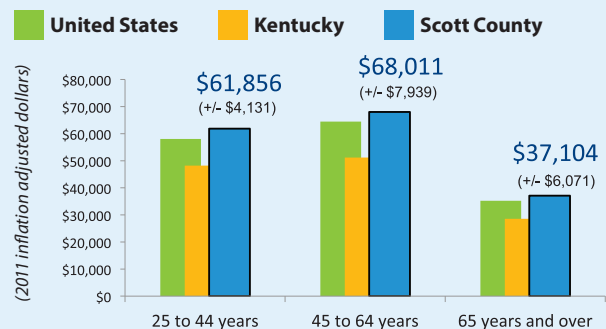
Scott County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **34** people supplemented their diets with healthy foods they produced or preserved.
- **1,724** families/caregivers were reached with information on accessing healthy foods.
- **427** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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