



## SHELBY COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

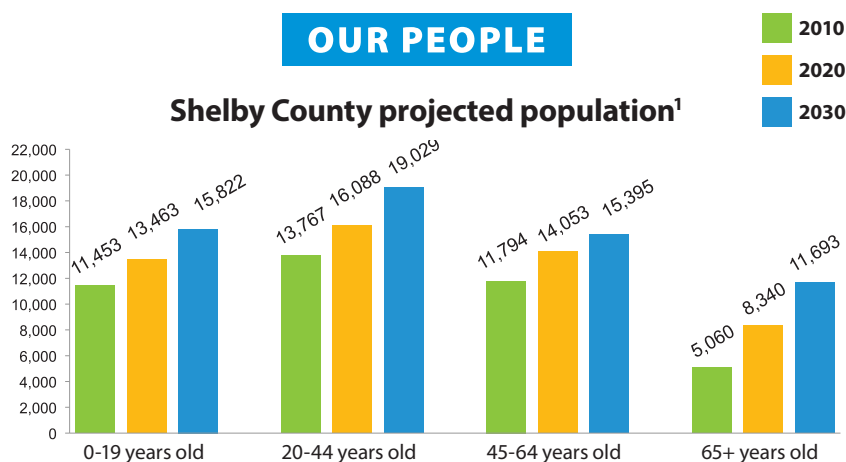
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Shelby County. To help families make wise decisions, our educational programs focus on:

- **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 **40,187** contacts with Shelby County individuals and families.<sup>2</sup>

### OUR PEOPLE

Shelby County projected population<sup>1</sup>



### SPOTLIGHT ON ...

## EAT RIGHT EVERY DAY

To address the increasing rates of childhood obesity, the Shelby County Cooperative Extension Service collaborated with local schools to provide "Eat Right Every Day," a program designed to help children make healthier food and beverage choices. Nearly 800 fourth- and fifth-grade students in 37 classrooms were encouraged to eat breakfast, choose healthy snacks, eat at least five servings of fruits and vegetables per day, and choose healthy low sugar drinks. Of the 289 students involved in a followup study conducted weeks after the program: 91 percent ate breakfast each morning; 77 percent chose healthy snacks; 60 percent reported eating five servings of fruits and vegetables a day; and 93 percent said that they chose to drink water, milk, and 100-percent juice.

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

## FAMILY ACCESS

According to the 2007-2011 American Community Survey,<sup>3</sup> in Shelby County...

- **15.8%** (+/- 3.5) of families with children were below poverty
- **7.3%** (+/- 2.0) of those ages 65 and over were below poverty
- **19.6%** (+/- 1.9) of households had retirement income
- **5.4%** (+/- 1.4) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Shelby County had **3,811** people, **1,024** children and **513** seniors with low access to a supermarket or large grocery store.\*

In addition, **892** residents had **both** low income **and** low access to stores.

### As a result of participating in Shelby County Extension programs:<sup>2</sup>

- **910** people demonstrated an increase in practical living skills.
- **168** people in Managing in Tough Times: Moneywise became aware of how to manage current economic events.
- **344** people increased leadership knowledge and skills.

## COMMUNITY AVAILABILITY

In 2011, Shelby County had:

- **9** Grocery stores (any kind)<sup>5</sup>
  - **7** Grocery/supermarkets (except convenience)<sup>5</sup>
  - **2** Convenience stores (i.e. food marts – no gas)<sup>5</sup>
- **17** Gasoline stations with convenience stores<sup>5</sup>

In the county, there were:

- **8** Roadside markets that served the county<sup>6</sup>
- **1** Farmers market location<sup>7</sup>
- **29** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **2** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$314,267.28** in SNAP redemptions/per SNAP authorized store in Shelby County.<sup>4</sup>

### As a result of participating in Shelby County Extension programs:<sup>2</sup>

- **1,445** people made lifestyle changes to improve health.
- **2,891** people increased knowledge of lifestyle changes to improve personal health.
- **1,088** people understand the benefits of spending time together in physical activity.

## FOOD ASSISTANCE

In Shelby County...

- **2,496** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **1,790** children in 2007 (**up 39.4%**).<sup>9</sup>
- **45.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **2,683** SNAP cases and the monthly SNAP benefit level was **\$285.85**.<sup>8</sup>

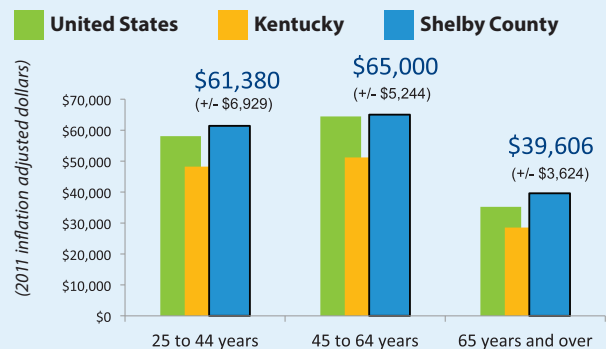
Shelby County is served by Dare to Care Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

### As a result of participating in Shelby County Extension programs:<sup>2</sup>

- **73** people adopted practices to increase food access and affordability.
- **354** families/caregivers were reached with information on accessing healthy foods.
- **1,236** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Shelby County (2007-2011)<sup>3</sup>



#### SOURCES

- <sup>1</sup> Kentucky State Data Center
- <sup>2</sup> Kentucky Cooperative Extension Service Reporting, FY 2013
- <sup>3</sup> 2007-2011 American Community Survey, 5-Year Estimates
- <sup>4</sup> USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- <sup>5</sup> US Dept of Commerce, County Business Patterns, 2011.
- <sup>6</sup> Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- <sup>7</sup> Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- <sup>8</sup> Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. [http://chfs.ky.gov/dcbcs/data\\_book.htm](http://chfs.ky.gov/dcbcs/data_book.htm)
- <sup>9</sup> Kids Count Data Center, KY Youth Advocates.
- <sup>10</sup> 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