Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Simpson 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 11,590 contacts with Simpson County individuals and families.

The Simpson County Extension Service partnered with the Boys' and Girls' Club to implement a community garden project. Thirty-five youth worked in the garden, harvested, and sold over $1,000 of their produce at the farmers market. As a result of the project:

- 85 percent of the participants learned how to plant vegetables, weed a garden, distinguish between vegetables, and identify insects;
- 92 percent can judge when vegetables are ready for harvesting;
- 78 percent know how to prevent and identify weeds in the garden.

Additionally, 64 percent learned to like a new vegetable and even asked their parents to purchase vegetables; 42 percent helped family members with gardening at home; and 71 percent ate more vegetables than they ate before the gardening project.

http://hes.uky.edu/StrongFamilies
In Simpson County...

- **1,303** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **940** children in 2007 (up **38.6%**).

- **55.0%** of students attending public schools were eligible for free or reduced-price meals.

- There were **1,341** SNAP cases and the monthly SNAP benefit level was **$270.56**.

Simpson County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.

As a result of participating in Simpson County Extension programs:

- **1,838** people demonstrated an increase in practical living skills.
- **2,387** people utilized healthy food delivery systems and access points.
- **270** people were involved in addressing community issues.

In 2011, Simpson County had:

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

In the county, there were:

- **5** Roadside markets that served the county
- **3** Farmers market locations
- **14** SNAP** authorized stores (food stamps)
- **4** WIC*** authorized stores

In 2011, there were **$494,197.80** in SNAP redemptions/per SNAP authorized store in Simpson County.

As a result of participating in Simpson County Extension programs:

- **173** people adopted practices to increase food access and affordability.
- **122** people supplemented their diets with healthy foods they produce or preserve.
- **1,033** youth increased their knowledge of healthy food consumption.

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

- **15.8%** (+/- 5.5) of families with children were below poverty
- **16.9%** (+/- 5.8) of those ages 65 and over were below poverty
- **14.6%** (+/- 2.2) of households had retirement income
- **6.3%** (+/- 2.0) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Simpson County had **2,266** people, **622** children and **284** seniors with low access to a supermarket or large grocery store.

In addition, **898** residents had both low income and low access to stores.

**COMMUNITY AVAILABILITY**

**FOOD ASSISTANCE**

As a result of participating in Simpson County Extension programs:

- **204** people made lifestyle changes to improve health.
- **2,090** people increased knowledge of healthy food consumption.
- **155** people reported eating more healthy foods.

**HOUSEHOLD INCOME**

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

<table>
<thead>
<tr>
<th>Age of Householder</th>
<th>United States</th>
<th>Kentucky</th>
<th>Simpson County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$56,177 (+/− $2,877)</td>
<td>$49,125 (+/− $8,907)</td>
<td>$22,625 (+/− $2,285)</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
9. Kids Count Data Center, KY Youth Advocates
11. Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
12. Supplemental Nutrition Assistance Program
13. The Special Supplemental Nutrition Program for Women, Infants and Children

**FAMILY ACCESS**

As a result of participating in Simpson County Extension programs:

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