



## SIMPSON COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

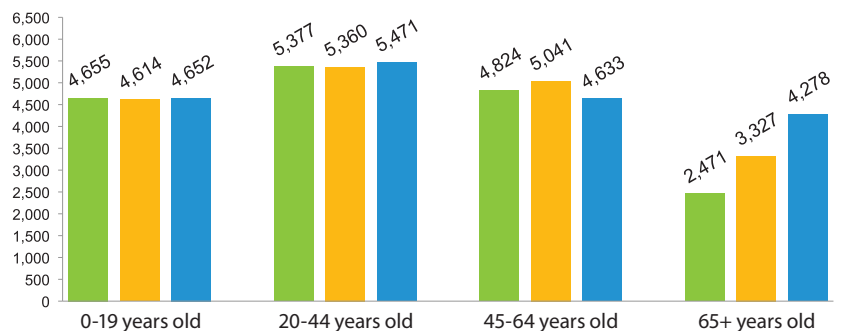
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Simpson County. To help families make wise decisions, our educational programs focus on:

- **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.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## YOUTH GARDENING PROJECT

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; and 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>

## FAMILY ACCESS

According to the 2007-2011 American Community Survey,<sup>3</sup> 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<sup>4</sup> 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.

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

- **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.

## COMMUNITY AVAILABILITY

In 2011, Simpson County had:

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

In the county, there were:

- **5** Roadside markets that served the county<sup>6</sup>
- **3** Farmers market locations<sup>7</sup>
- **14** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **4** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$494,197.80** in SNAP redemptions/per SNAP authorized store in Simpson County.<sup>4</sup>

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

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

## FOOD ASSISTANCE

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%**).<sup>9</sup>
- **55.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **1,341** SNAP cases and the monthly SNAP benefit level was **\$270.56**.<sup>8</sup>

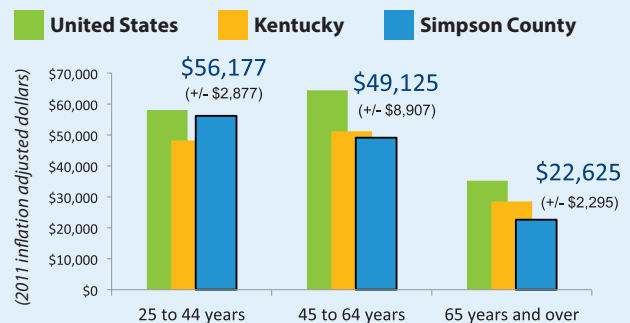
Simpson County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **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.

## HOUSEHOLD INCOME

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