



## SPENCER COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

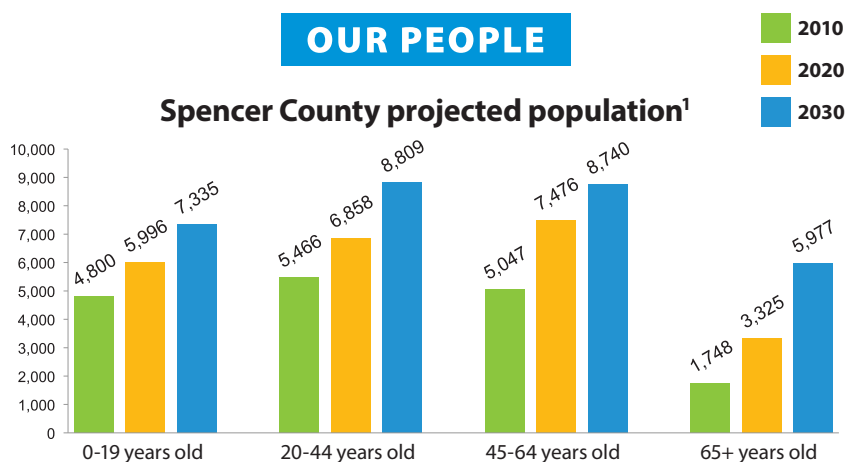
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Spencer County. To help families make wise decisions, our educational programs focus on:

- **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 **7,632** contacts with Spencer County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## KENTUCKY FARM TO SCHOOL

Kentuckians consume fruits and vegetables at rates that are lower than other states. At the same time, Kentucky farms have a relatively low return on direct farm sales to local consumers. To address both issues, the Spencer County Extension Service staff provided the Kentucky Farm to School (KF2S) curriculum to 25 high school students. Data from the KF2S evaluation system shows that 100 percent of the students improved their knowledge of food systems; 100 percent completed one or more assignments in which they analyzed, evaluated and presented information related to a food/commodity group; 100 percent reported eating more fruits and vegetables; and 100 percent reported increasing their consumption of Kentucky Proud products.

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

## FAMILY ACCESS

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

- **6.4%** (+/- 3.2) of families with children were below poverty
- **7.7%** (+/- 5.0) of those ages 65 and over were below poverty
- **22.1%** (+/- 3.1) of households had retirement income
- **4.2%** (+/- 2.2) of households had no vehicle

The Food Environment Atlas indicates that in 2010, Spencer county had **184** households with no vehicle and low access to a supermarket or large grocery store.\*

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

- **5,245** people demonstrated an increase in practical living skills.
- **200** people utilized healthy food delivery systems and access points.
- **3,100** people increased knowledge of economic and enterprise development.

## COMMUNITY AVAILABILITY

In 2011, Spencer County had:

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

In the county, there were:

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

In 2011, there were **\$168,210.52** in SNAP redemptions/per SNAP authorized store in Spencer County.<sup>4</sup>

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

- **6,700** people increased knowledge of healthy food consumption.
- **5,000** people increased knowledge of lifestyle changes to improve personal health.
- **5,100** people reported eating more healthy foods.

## FOOD ASSISTANCE

In Spencer County...

- **747** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **492** children in 2007 (**up 51.8%**).<sup>9</sup>
- **39.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **854** SNAP cases and the monthly SNAP benefit level was **\$281.72**.<sup>8</sup>

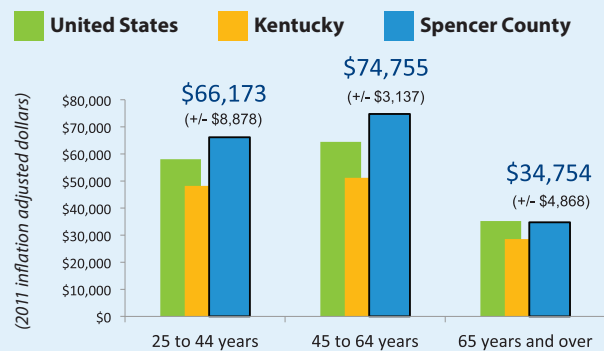
Spencer County is served by Dare to Care Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **3,800** people supplemented their diets with healthy foods they produced or preserved.
- **4,100** families/caregivers were reached with information on accessing healthy foods.
- **3,200** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Spencer 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