



## TRIGG COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



## OUR FOCUS

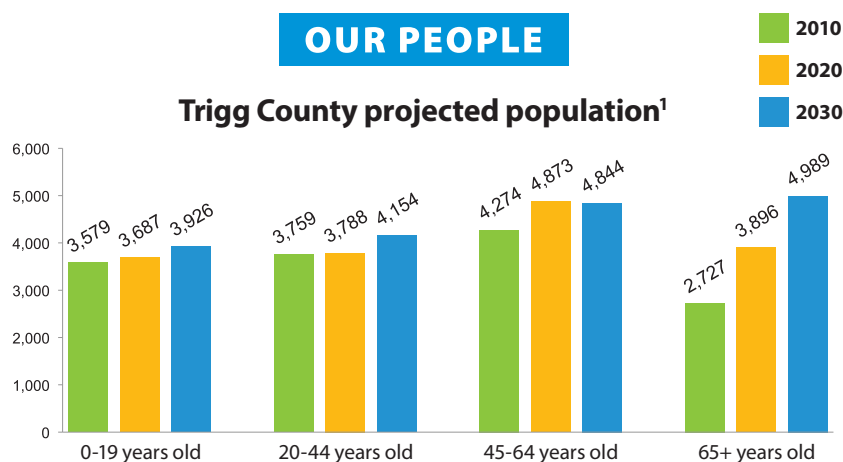
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Trigg County. To help families make wise decisions, our educational programs focus on:

- **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 **7,839** contacts with Trigg County individuals and families.<sup>2</sup>

## OUR PEOPLE

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



## SPOTLIGHT ON ...

### MANAGING YOUR DIABETES

**R**ecent statistics show that 72 percent of the adults in Trigg County are considered overweight and 23 percent are considered obese. The Trigg County FCS agent collaborated with the certified diabetes educator from the Pennyriple District Health Department to offer an eight-hour course in managing diabetes. An average of 17 people attended each of the four sessions. Post-participation evaluations revealed that 100 percent of the participants reported gaining knowledge about diabetes and 100 percent of the participants set a goal to change a behavior, including eating healthy, becoming more active, or working more closely with a doctor to maintain glucose levels. Follow up is in progress to see what goals have been met and what behavior changes resulted.

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

## FAMILY ACCESS

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

- **23.5%** (+/- 6.6) of families with children were below poverty
- **5.2%** (+/- 2.4) of those ages 65 and over were below poverty
- **29.5%** (+/- 3.7) of households had retirement income
- **4.6%** (+/- 1.5) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Trigg County had **1,747** people, **422** children and **278** seniors with low access to a supermarket or large grocery store.\*

In addition, **497** residents had **both** low income **and** low access to stores.

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

- **1,808** people demonstrated an increase in practical living skills.
- **100** people utilized healthy food delivery systems and access points.
- **355** people increased leadership knowledge and skills.

## COMMUNITY AVAILABILITY

In 2011, Trigg 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:

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

In 2011, there were **\$183,376.77** in SNAP redemptions/per SNAP authorized store in Trigg County.<sup>4</sup>

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

- **500** people increased knowledge of healthy food consumption.
- **300** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **620** people increased knowledge of lifestyle changes to improve personal health.

## FOOD ASSISTANCE

In Trigg County...

- **738** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **563** children in 2007 (**up 31.1%**).<sup>9</sup>
- **55.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **983** SNAP cases and the monthly SNAP benefit level was **\$257.90**.<sup>8</sup>

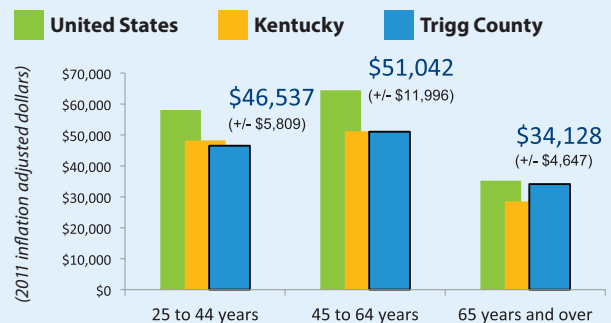
Trigg County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **200** people adopted practices to increase food access and affordability.
- **600** families/caregivers were reached with information on accessing healthy foods.
- **860** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

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