



TRIMBLE COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

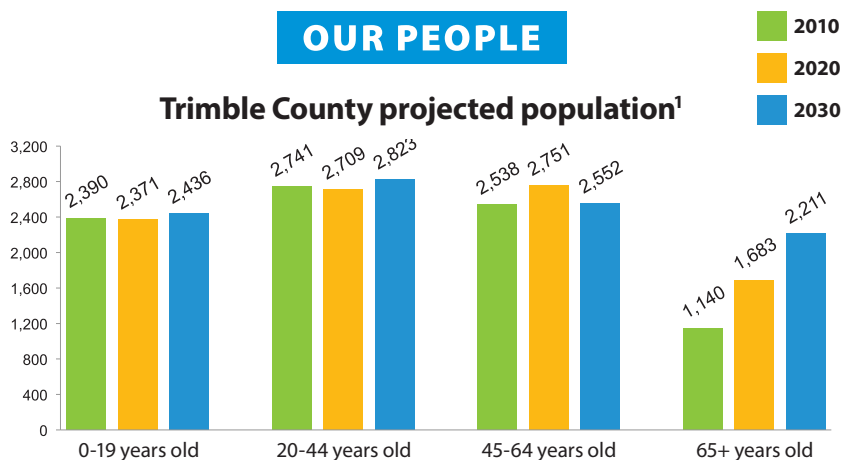
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Trimble County. To help families make wise decisions, our educational programs focus on:

- **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 **18,947** contacts with Trimble County individuals and families.²

OUR PEOPLE

Trimble County projected population¹



SPOTLIGHT ON ...

RECIPES FOR LIFE

According to the Search Institute, family meals, literacy, and nutrition are key components of family assets essential for adolescent development. The Trimble County Cooperative Extension Service collaborated with four local agencies and volunteers to conduct a "Recipes for Life" project with 110 fifth-graders. Students worked in small groups to read and prepare recipes, and learn proper hand washing, knife safety, table setting, and manners. Students and their families then participated in a family meal that encouraged dinner discussion and enabled students to practice what they had learned. Post-program evaluations indicated: 89 percent are more confident in reading a recipe; 98 percent learned about food preparation and safety; 92 percent are more conscious of proper hand washing; 86 percent understand proper table setting and etiquette.

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

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ in Trimble County...

- **13.9%** (+/- 6.9) of families with children were below poverty
- **15.0%** (+/- 6.0) of those ages 65 and over were below poverty
- **21.8%** (+/- 3.9) of households had retirement income
- **6.1%** (+/- 2.3) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Trimble County had **2,533** people, **665** children and **320** seniors with low access to a supermarket or large grocery store.*

In addition, **792** residents had **both** low income **and** low access to stores.

As a result of participating in Trimble County Extension programs:²

- **334** people demonstrated an increase in practical living skills.
- **35** people increased leadership knowledge and skills.
- **43** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Trimble County had:

- **1** Grocery stores (any kind)⁵
 - **1** Grocery/supermarkets (except convenience)⁵
 - **0** Convenience stores (i.e. food marts – no gas)⁵
- **4** Gasoline stations with convenience stores⁵

In the county, there were:

- **5** Roadside markets that served the county⁶
- **0** Farmers market locations⁷
- **5** SNAP** authorized stores (food stamps)⁴
- **1** WIC*** authorized store⁴

In 2011, there were **\$84,158.52** in SNAP redemptions/per SNAP authorized store in Trimble County.⁴

As a result of participating in Trimble County Extension programs:²

- **399** people increased knowledge of healthy food consumption.
- **201** people increased knowledge of safe storage, handling, and preparation of food.
- **125** people reported eating more healthy foods.

FOOD ASSISTANCE

In Trimble County...

- **657** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **537** children in 2007 (**up 22.3%**).⁹
- **57.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **691** SNAP cases and the monthly SNAP benefit level was **\$284.22**.⁸

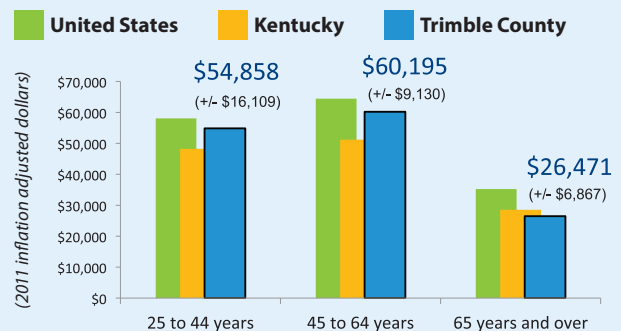
Trimble County is served by Dare to Care Food Bank of the Ky. Assoc. of Food Banks.¹⁰

As a result of participating in Trimble County Extension programs:²

- **16** people adopted practices to increase food access and affordability.
- **8,680** families/caregivers were reached with information on accessing healthy foods.
- **204** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Trimble County (2007-2011)³



SOURCES

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