



WASHINGTON COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

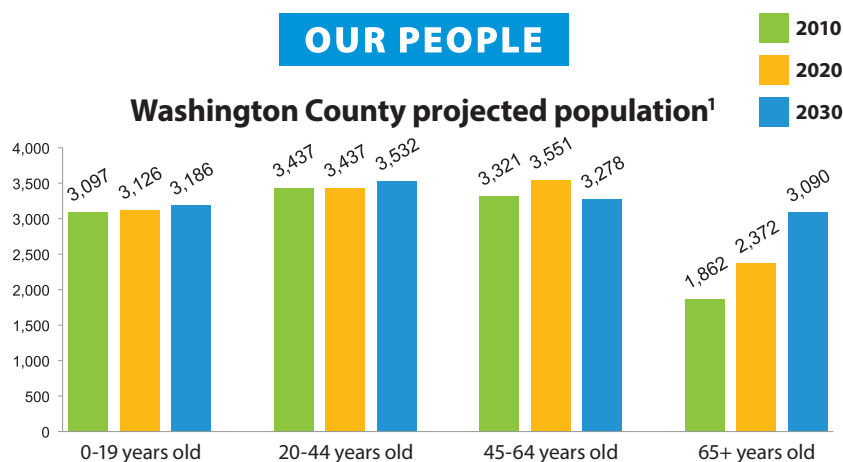
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Washington County. To help families make wise decisions, our educational programs focus on:

- **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 **2,205** contacts with Washington County individuals and families.²

OUR PEOPLE

Washington County projected population¹



SPOTLIGHT ON ...

NUTRITION PROMOTES WELLNESS

The goal of the "Making Healthy Lifestyle Choices" initiative is to partner with various organizations, agencies, and groups to promote health and wellness in all Kentuckians. Toward that end, the Washington County Extension Service staff collaborated with the Isaiah House Drug and Alcohol Recovery Center. The Isaiah House opened a Women's Center, housing eight chemically dependent women. Washington County FCS extension staff conducts a weekly nutrition class for the women in this facility. All eight have shown positive changes through their food recalls or behavior checklists. One participant increased her vegetable consumption by 20 percent and her fruit consumption by 50 percent. These ladies are actively learning that healthy eating leads to healthier bodies and minds.

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

FAMILY ACCESS

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

- **16.6%** (+/- 5.2) of families with children were below poverty
- **19.4%** (+/- 5.3) of those ages 65 and over were below poverty
- **21.4%** (+/- 3.0) of households had retirement income
- **7.9%** (+/- 2.3) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Washington County had **1,034** people, **251** children and **132** seniors with low access to a supermarket or large grocery store.*

In addition, **403** residents had **both** low income **and** low access to stores.

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

- **800** people demonstrated an increase in practical living skills.
- **180** people utilized healthy food delivery systems and access points.
- **410** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Washington County had:

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

In the county, there were:

- **6** Roadside markets that served the county⁶
- **1** Farmers market location⁷
- **13** SNAP** authorized stores (food stamps)⁴
- **2** WIC*** authorized stores⁴

In 2011, there were **\$124,620.23** in SNAP redemptions/per SNAP authorized store in Washington County.⁴

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

- **155** people made lifestyle changes to improve health.
- **200** people increased knowledge of safe storage, handling, and preparation of food.
- **165** people reported eating more healthy foods.

FOOD ASSISTANCE

In Washington County...

- **806** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **510** children in 2007 (**up 58.0%**).⁹
- **61.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,001** SNAP cases and the monthly SNAP benefit level was **\$261.78**.⁸

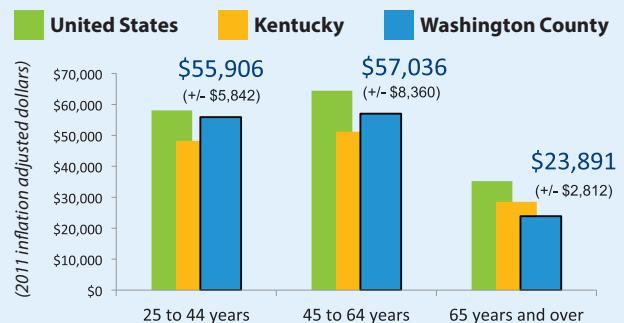
Washington County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

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

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

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Washington 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