Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Webster 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 5,721 contacts with Webster County individuals and families.

According to a 2009 survey conducted by the Centers for Disease Control and Prevention, 18 percent of Kentucky youth are obese and 86 percent eat less than the daily recommendations of fruits and vegetables. Webster County Extension Service staff has strived to reverse this trend by offering healthy food and nutrition programs for students in kindergarten through third grade in every elementary school. During the monthly programs, students were given a healthy food to try. One hundred percent of the students tasted the food and 100 percent participated in the physical activity lesson as well. Handouts were sent home with the students every month to raise awareness to parents and guardians as well.

http://hes.uky.edu/StrongFamilies
According to the 2007-2011 American Community Survey, in Webster County…

- **18.7% (+/- 5.6)** of families with children were below poverty
- **9.9% (+/- 3.5)** of those ages 65 and over were below poverty
- **22.0% (+/- 2.9)** of households had retirement income
- **5.3% (+/- 1.8)** of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Webster County had **130** households with no vehicle and low access to a supermarket or large grocery store.

As a result of participating in Webster County Extension programs:

- **569** people demonstrated an increase in practical living skills.
- **21** people increased leadership knowledge and skills.
- **147** people were involved in addressing community issues.

**COMMUNITY AVAILABILITY**

In 2011, Webster County had:

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

In the county, there were:

- **4** Roadside markets that served the county
- **0** Farmers market locations
- **24** SNAP** authorized stores (food stamps)
- **5** WIC*** authorized stores

In 2011, there were **$92,362.42** in SNAP redemptions/per SNAP authorized store in Webster County.

As a result of participating in Webster County Extension programs:

- **15** people supplemented their diets with healthy foods they produced or preserved.
- **1,025** families/caregivers were reached with information on accessing healthy foods.
- **900** youth increased their knowledge of healthy food consumption.

**FOOD ASSISTANCE**

In Webster County…

- **900** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **689** children in 2007 (**up 30.6%**).
- **57.0%** of students attending public schools were eligible for free or reduced-price meals.
- There were **1,071** SNAP cases and the monthly SNAP benefit level was **$266.39**.

Webster County is served by Tri-State Food Bank of the Ky. Assoc. of Food Banks.

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**HOUSEHOLD INCOME**

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

<table>
<thead>
<tr>
<th>Age of Householder</th>
<th>United States</th>
<th>Kentucky</th>
<th>Webster County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$51,750 (+/- $8,749)</td>
<td>$48,816 (+/- $5,612)</td>
<td>$26,850 (+/- $4,059)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65 years and over</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SOURCES**

1. Kentucky State Data Center
2. Kentucky Cooperative Extension Service, Reporting, FY 2013
3. 2007-2011 American Community Survey, 5-Year Estimates

Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a federal program that provides low-income, pregnant, breastfeeding, and postpartum women, infants, and children with nutritious foods and health information.

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.